Problem Solving

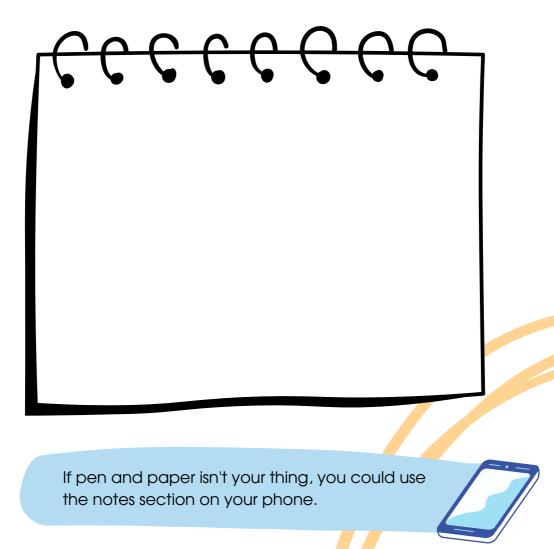Taking steps to deal with your problems will make you better able to cope with them.

Divide problems into small bite-sized pieces and deal with them one at a time.

Try to deal with problems as they arise so that they don't get worse.

Prioritise what has to be dealt with now.

Writing down your problems is a good place to start. Find 10 minutes - and a pen - and let's have a go...

Use the space below to write down everything that is bothering you.

If pen and paper isn't your thing, you could use the notes section on your phone.

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Now choose one problem to work on and break it down into specific steps to start sorting the problem.

Problem	Steps I can take	When?

Fixed that first problem? Well done! Give yourself a reward and tick it off of the list

Take a breath and when you're ready, move onto the next problem...

Problem	Steps I can take	When?

If your steps haven't worked...

- Work on another problem- you can come back to this one later.

- Sleeping on it or talking to someone about it may help.

- Don't be too hard on yourself and keep at it.

- Some solutions are more complicated, take one step at a time and be patient.