

Problem Solving

Mood Juice: Self Help Guide

<http://www.moodjuice.scot.nhs.uk/problemsolving.asp>

Problem Solving

You might find it more difficult to cope if you have lots of problems that you can't seem to get on top of. This can have a clear impact on our mood, anxiety and stress levels. Struggling with unresolved problems can often make us feel worse. We can end up worrying or ruminating over our problems without finding a way to resolve them. This can make us feel even more upset, and can end up interfering with our sleep.

It can help to develop a structured way of working through a problem. Beginning to overcome some of your problems might help you to feel better. You can improve your problem solving skills by learning to apply the steps outlined here.



Key Word

Identify your problem

The first thing to ask yourself is "what is the problem?" Try to be as specific as possible. For example:

- "I owe £400 to my friend."
- "I am going to miss this deadline."



Come up with possible solutions

Try to list every way that you can think to overcome your problem. Don't worry about how unrealistic an idea seems. Write down anything and everything. The best solutions are likely to be the ones you think of yourself. This is because nobody really knows your situation as well as you do. It may help to consider:

- How you might have solved similar problems in the past.
- What your friends or family would advise.
- How you would like to see yourself tackling the problem.



Choose a solution

Next you need to select the best solution from your list. Think carefully about each option. It is useful to go through all the reasons 'for' and 'against' each idea. This will help you to make a good decision and select the best solution.

After this you may find that you are still unsure. Perhaps a couple of approaches seem equally good. Try to pick one to begin with. If it doesn't work then you can always go back and try out a different one later.



It is useful to remember that not all problems are within our control. This can make it really

Break down your solution