

## Problem Solving

Problem-solving can help to manage stress. Much of the time our stress is due to us dwelling on why problems have occurred, and what the problem means for us. This is natural, but we also need to focus on solutions as well.

There are a number of ways to problem solve. Find a process that works for you. Try the **'SOLVE'** solve method below in the meantime.

1. **S**elect a problem:
2. Identify your **O**ptions for solving this problem, and the **L**ikely outcome of each:
3. Select the **V**ery best option available, and take action
4. **E**valuate the effectiveness of your solution, and make changes if needed:

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1. **Select a problem:** I feel the urge to drink, but I want to cut back on my drinking

2. <b>O</b> ption for solving this problem...	<b>L</b> ikely outcome of this...
Go for a run	Temporary distraction, get endorphin high, feel proud for doing it
Drink a little	Temporary pleasure, I might just stop there - though I usually don't, and end up drinking more than I should
Drunk a lot	temporary pleasure, hangover, regret
Get rid of alcohol	irritation at wasting the alcohol/money, less temptation

3. **Select the V**ery best option and take action = go for run
4. **E**valuate the effectiveness of your solution, and make changes if needed = The run took my mind off my cravings and I felt less stressed. When I got home though, I got triggered as there was wine in the fridge. I'd better get rid of it.

## Problem Solving

1. Select a problem =

2. <u>O</u> ption for solving this problem...	<u>L</u> ikely outcome of this...

3. Select the Very best option and take action =

4. Evaluate the effectiveness of your solution, and make changes if needed =