

Problem Solving

1. Make a list of problems you would like to solve (e.g., get a job, finish a project, spend more time with friends, exercise regularly).
2. Pick the most important problem. Describe that problem. Who is involved, where does it happen, when is it a problem, what is involved, and why is it a problem?
3. Brainstorm a list of solutions. Try not to judge them yet. Just list as many solutions as you can to the problem.
4. List the pros and cons of each solution.
5. Pick the best solution.
6. Try it. If the problem is not solved, try the next best solution. Repeat.

Tip: Sometimes it can be challenging to think of solutions to our problems. Get a friend to help you brainstorm options.

Coping Skills for Tough Times

When to use this skill: You can use this strategy whenever you encounter a problem that is controllable or solvable. Many problems may not be in your control, such as changing someone else's behavior, winning the lottery, or curing cancer. Use problem solving with a solvable problem.

How this skill helps: Research has shown that problem solving strategies can be very helpful for breaking down a problem, considering all possible solutions, and working through the solutions until the problem is resolved.

If you want to learn more coping strategies, talk to your doctor about meeting with the Psychology Team!