

Name \_\_\_\_\_

Every problem is different. Some can be handled in minutes, and some require a lot of time and energy. Here's some tips to help you tackle any problem:

**Define and accept the problem.** Take a deep breath, step back, and figure out what's going on.

**Refocus your energy.** Worrying and complaining just make things worse. Refocus your energy on solving the problem.

**Gather information.** Who/what is involved? Is there anything you're overlooking? What else do you need to know?

**Generate solutions.** Brainstorm a few ways to tackle the problem.

**Test out solutions.** Take action. Know that some of your solutions may not give you the results you want. Don't get discouraged.

**Get support.** Getting help isn't a sign of weakness; it's a sign of wisdom. You never have to go through anything alone.

## Think about it!

Reflect on a problem you've had in the past. How did you solve it? What would you do differently if you could?

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