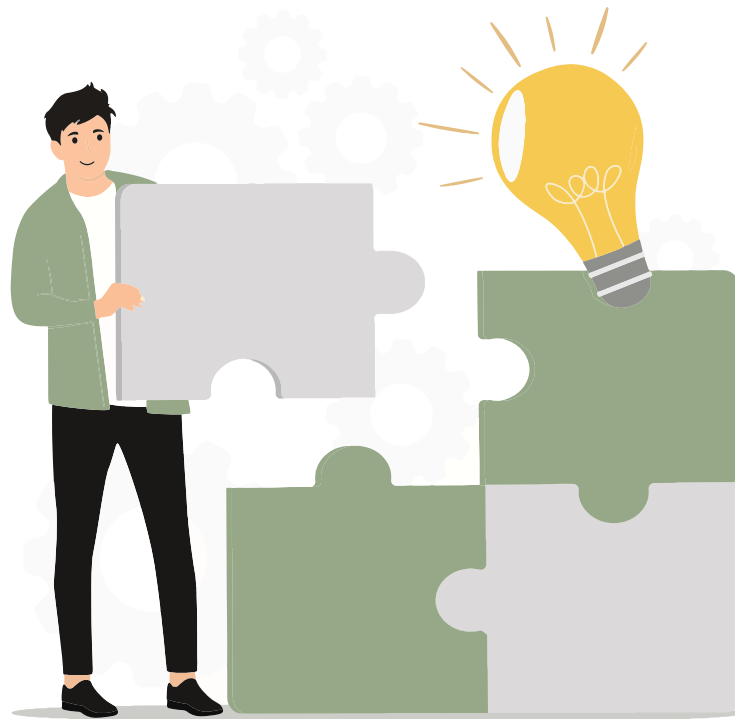




# PROBLEM SOLVING

When experiencing stress or overwhelm it can be difficult to find the motivation and momentum at times to move forward. This often happens as when dealing with an overactive brain, even relatively 'small' problems may seem overwhelming. Having a clear problem solving strategy can help get you moving again. The SOLVE model below is a great starting point when you find yourself getting stuck.



<b>S</b>	<b><u>SPECIFY THE PROBLEM</u></b> BE SPECIFIC. ASK YOURSELF “ WHY IS THIS A PROBLEM FOR ME ? ”	
<b>O</b>	<b><u>OPTIONS</u></b> ADD ANY IDEAS YOU CAN THINK OF. DO NOT EVALUATE AT THIS STEP.	
<b>L</b>	<b><u>LIST PROS &amp; CONS</u></b> WHAT ARE THE LIKELY BENEFITS AND DISADVANTAGES OF EACH OPTION ?	
<b>V</b>	<b><u>VERIFY THE SOLUTION</u></b> CHOOSE THE BEST SOLUTION AND ACTION YOUR SOLUTION.	
<b>E</b>	<b><u>EVALUATE</u></b> WHAT WENT WELL? WHAT DID NOT GO WELL (IF ANYTHING)?	