

Problem solving

- **Mindfulness: Becoming aware of the problem**
At which point did the problem occur? How did I perceive it? What did I do? How did I react?
- **Analysing the problem**
Why did the problem occur? What was the difficulty?
- **Emotional evaluation**
How did I react? Did I put myself down or did I develop compassion towards myself?
- **Preparation for the problem**
What can I do to prepare myself for this, in order to solve the problem?
- **Consideration of own strengths**
What are my skills and strengths? What can I do?
- **Planning action**
What exactly do I do when, where and how?
- **Organising action plan and behaviour**
Focus on the action plan
- **Social support**
Who should support me? From whom do I want to accept help?
- **Incorporating rest breaks**
Planning breaks and allowing oneself to take a break (efficacious action)

...problem solved? 😊