

Tips to solve a problem

“Can I make a **practical** change to help fix the problem?”

- Can you come up with a plan?
- Speak to the person involved?
- Break the problem down?
- Make a list of what you need to do?

“Can I try to change the way I **think** and **feel** about the problem?”

- Think about it more realistically?
- Think about what you would suggest to a friend?
- Use some coping strategies?