

# Healthy Minds Lincolnshire

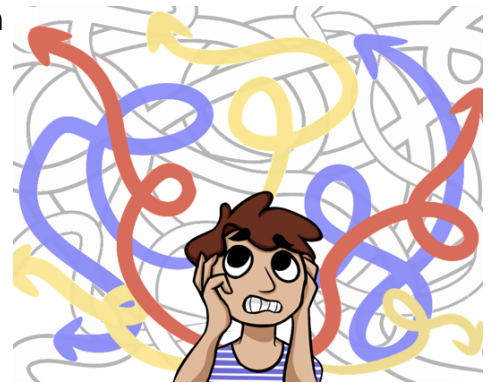
## Problem Solving

An information and education pack for young people

### What is problem solving?

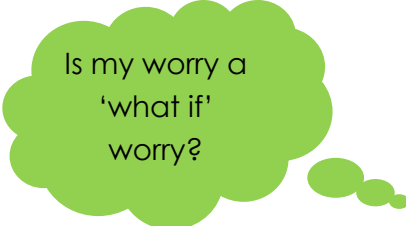
We all solve small problems on a daily basis and we do this automatically, without even thinking about it.

However, there are times when problems can seem overwhelming and complicated and this can leave us feeling like we can't cope, or that our situation is hopeless. In particular, when people experience low mood or depression, even small problems can feel like they are massive. By using the 7 steps to problem solving method it enables us to break down the problem into small manageable steps to help us find the right solution!

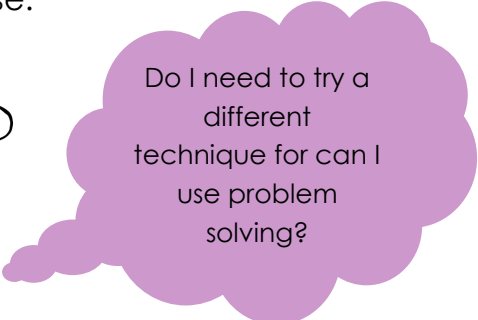


### A Note on Worries

Sometimes the problem we are faced with is not a problem at all, but what we call a 'what if' worry. 'What if' worries are often about things that may be well in the future and may not have a solution, no matter how hard you try to find one! For example, 'what if I get really ill.' The problem-solving technique won't work for 'what if' worries so if you are really struggling to solve your problem then consider whether it is a solvable problem or actually a 'what if' worry. The best way to deal with 'what if' worries is to acknowledge them but then let them go and do something else to distract yourself from them, such as a favourite activity or a relaxation exercise.



Is my worry a  
'what if'  
worry?



Do I need to try a  
different  
technique for can I  
use problem  
solving?

# 7 Steps to Problem Solving

It can be helpful to take a practical approach to problem-solving, breaking it down into small steps so that it feels less overwhelming. The following steps might be helpful for you to work through.

Try working through these steps to practice using the problem 'I have forgotten to do my homework.' Then each time you are faced with a problem, big or small, use these steps to help you solve it. You can do this alone or you can ask someone else to do it with you as they might have some solutions you didn't think of.

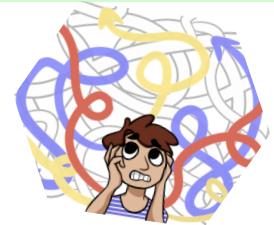
## Step 1: Identify the worry you want to focus on

Choose one of the Here and Now worries that you would like to try and problem solve.



## Step 2: Identify Solutions

Identify as many potential solutions as possible. At this stage nothing should be rejected, no matter how ridiculous some solutions may seem.



## Step 3: Analyse the strengths and weaknesses of each solution

Make a note of the main advantages and disadvantages of each solution. This may include the possibility of being able to undertake the solution, the resources you have and how you feel about carrying it out.



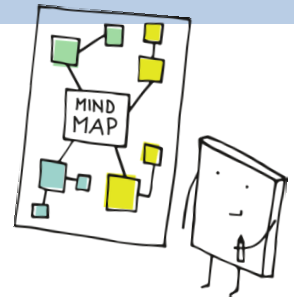
### Step 4: Select a solution

Now choose one of your solutions to try out.



### Step 5: Develop a plan

The solution you have chosen may require careful planning. Try to stick to the 'Four Ws' – what, where, when, with whom.



### Step 6: Put your plan into action

Now that you have developed your plan, it is all about putting it into action.



### Step 7: Review your plan

Maybe it worked a little or not at all. The advantage of problem solving is that other options always exist. If the plan worked then continue to use it, if not then pick another solution to try.



# Useful Websites & Numbers

## Websites:

- **Get self-help**—[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- **Young Minds**—[www.youngminds.org.uk](http://www.youngminds.org.uk)
- **KOOTH** - [www.kooth.com](http://www.kooth.com)
- **LCC Emotional Wellbeing Pathway**—[www.lincolnshire.gov.uk/emotionalwellbeing](http://www.lincolnshire.gov.uk/emotionalwellbeing)
- **Mood Juice**—<http://www.moodjuice.scot.nhs.uk/>

## Numbers:

- **Here4You Advice Line:** 0800 234 63 42 (Healthy Minds & CAMHS)
- **ChildLine:** 0800 1111
- **Samaritans:** 116 123
- **Young Minds Crisis Messenger**  
(Shout);

SHOUT to 85258



Don't forget to check out our website, for lots of other useful information; such as our relaxation videos and our useful apps booklet!

<https://www.lpft.nhs.uk/young-people>

