

Pondering Point

Problems come up every day. Little, unresolved issues can affect our mood, be distracting and minimize our own effectiveness.

Do you have problems that reoccur no matter how hard you try to solve them? Why is that? What problems have you tried to solve today? Those little problems can turn into **big** problems if they are not confronted.

The more skills we can use to help solve them, the quicker we can get through the issue and go on with the rest of our day.

Less issues – **less stress!**

What's your problem?



Imagine... stressing less by knowing how to handle whatever comes your way.

— From Pondering to Practice —

Activity

Solving a problem needs to be taken one step at a time. At Charmm'd these are the steps we use to problem solve:

1. Realize there is an issue
2. Identify your feelings
3. Process your feelings and put things into perspective
4. Bring in others that are involved
5. Describe the situation and identify potential causes
6. Brainstorm how the problem can be solved, consider several options
7. Identify the pros and cons of each solution, when thinking about this, ask yourself these questions:
How will others react to the selected solution?
Is the solution fair and practical?
What are the risks?
What is the best solution for all involved?
8. Choose and implement a solution
9. Measure the process along the way for effectiveness
10. Tweak and reassess as needed

Feel free to use these steps the next time you have a problem!

"Most people spend more time and energy going around problems than in trying to solve them."

- Henry Ford

Self Reflection

When you did the activity to the left, what worked for you? What didn't?

Think about the method(s) you use now to solve problems.

Are you always satisfied with the result?

If not, perhaps using a mixture of our method and your own will give you a more desirable outcome!

