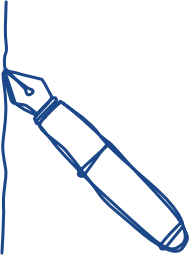


## 6.15 Module 7: Problem solving

**Problem solving** 

**Not enough time**      **Fitness**      **Housing**

**Money**      **Loneliness**

**Car**      **Mental health**

**Physical illness**      **Family**

**Work**      **Partner**

Can you identify two current problems?

- 1.
- 2.

# Problem solving

## Why we avoid solving problems

Don't know how to solve  
Takes effort

Don't want to admit  
Can be painful to face

Seems easier to put off  
Seems harder than really is

## Avoiding problems - thoughts, feelings, behaviours

Worry  
Depressed  
Spend too much  
Drink too much

Use drugs  
Eat too much  
Intrusive thoughts  
Avoid people or place

Feel unhealthy  
Incur financial charges  
Go without  
Waste time

## How we feel when we solve a problem

Relieved  
Happy  
Energised

Celebrate  
More social  
More confident

Sleep better  
Healthier habits  
More time