



Building Resilience: Helping You To Help Yourself Week 5

Problem Solving is
a skill we can all
learn

It helps us with
every day problems
and bigger ones

We can develop
skills to increase
motivation and
reduce
procrastinating

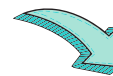
Your attitude towards solving problems is important

1

Your belief that you
can solve the
problem

Change

"I can't do
this"



2

Your ability to
tolerate the
frustration of working
towards a solution

To

"I can't do this
yet"

On the next page is a template for the 5 stages of problem
solving

Use the template to help you solve a problem you are facing



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5 stages of problem solving

1

What is the problem and whose problem is it?

2

Solutions / ideas



3

On your list in stage 2, put a cross by the options you don't want to consider

4

On your list in stage 2, put stars by your favourite options

5

Write specific, achievable steps and take them



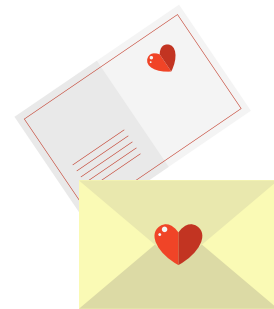


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A letter from your future self

1) Think about a challenge you are facing.

2) Pretend you have already succeeded in dealing with this challenge in a way you're proud of.



3) Write a letter to yourself, describing what has happened, especially the bits you're most pleased about and any decisions and actions you took that helped.

4) Return to the present and be guided by this imaginary future

Dear.....(yourself)
I'm delighted
that..... (what
worked out well)
And what I did to
help this happen
was.....





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Ways to increase motivation

Have a clear plan

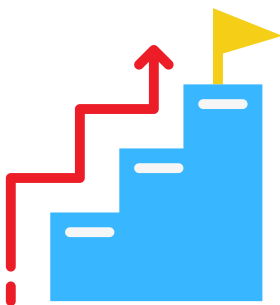
Know your 'why'

Own your goals

Visualise your goal

Tell someone about your
goals

Accept your failures



Ways to decrease procrastinating



Planning

Break it down

Can you do 15 minutes?

Remove distractions

Make it harder to engage
in distractions

Allow relaxation time





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Motivation quick tips



Avoid multitasking

Tidy work space

Drink plenty of water

Listen to music

Reward yourself



Write a to-do list the night
before

Break tasks down into
manageable chunks

Do the biggest or most difficult
tasks when you feel more
motivated

Set times for activities and rest
periods





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Weekly Action Plan

What am I going to
do?

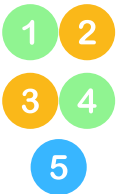
When am I going to
do it?

How much / how
long?

How often / how many
times?

.....

Stuck for ideas?



Use the 5 stages
of problem
solving



Use techniques for
motivation /
procrastination

Practise one of the activities we covered today!

.....



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My Toolbox



What's in your Toolbox already?
What can you put in from this week?