



## Problem Solving

### For problem you can change...

#### *Problem focused coping*

- Define the problem
- List all possible solutions
- Assess each possible solution
- Plan how to implement the solution
- Implement plan and review progress

### For problems you can't change...

#### *Emotion focused coping*

- Positive reappraisal (eg “well at least I will learn something from this situation”)
  - Distraction
  - Planning pleasant activities
    - Social support
    - Relaxation
    - Journaling
- Positive self statements and affirmations (eg “I can get through this”)