

Tools2Thrive — Anger

Problem Solving

One source of anger and stress may stem from unresolved problems you can't seem to get on top of. Struggling with unresolved problems can often make us feel worse. We can end up worrying or ruminating over our problems without finding a way to resolve them.

It can help to develop a structured way of working through a problem. Beginning to overcome some of your problems might help you feel better. You can improve your problem-solving skills by learning to apply the steps outlined here.



Identify your problem

The first thing to ask yourself is "what is the problem?" Try to be as specific as possible.

For example: I've been hit with an unexpected bill this month. It is due now, and I don't have the resources.



Come up with possible solutions

Try to list every way that you can think of to overcome your problem. Don't worry about how unrealistic an idea seems. Write down anything and everything. The best solutions are likely to be the ones you think of yourself. This is because nobody really knows your situation as well as you do.

It may help to consider:

- How you might have solved similar problems in the past.
- What your friends or family would advise.
- How you would like to see yourself tackling the problem



Choose a solution

Next, you need to select the best solution from your list. Think carefully about each option. It is useful to go through all the reasons "for" and "against" each idea. This will help you to make a good decision and select the best solution.

After this, you may find that you are still unsure. Perhaps a couple of approaches seem equally good. Try to pick one to begin with. If it doesn't work, then you can always go back later and try a different one.



Break down your solution

To help you carry out your chosen solution, it can be useful to break it down into smaller steps. This can make it easier and more manageable to follow through. The number of steps required will vary depending on the solution and how complex it is.



Try out your solution and review the outcome

Follow the steps required to carry out your solution. Simply take them one at a time. Go at your own pace and don't allow yourself to feel too rushed. Once you have completed all the steps, then review the outcome. If you have successfully resolved your problem, great. If the problem still exists, don't give up. Is there another solution on your list you could try? Is there a different solution you have yet to consider? Can you ask someone else if they have ideas or advice? Can you combine your solutions? It is useful to remember that not all problems are within our control. This can make it really difficult, if not impossible to resolve using the steps above. Perhaps you have to wait or ask someone to take action instead. In such a situation, try not to worry. Nothing can be gained from worrying about something that you have no control over.



Identify Your Problem

Problem Solving

Identify a problem and try to come up with solutions to overcome it. By considering all of the options, you will hopefully come up with the best solution.



Possible Solutions



For

Against

Chosen Solution



Steps Required to Solution

1

Look after yourself

Coping with grief is stressful on our bodies. If we can take care of ourselves this will help us stay stronger. Try to:

- Eat healthy, frequent, easily digested meals
- Form daily routines.
- Aim for regular meals, exercise and sleep times
- Avoid using alcohol or drugs to treat your grief – they numb feelings that need to be expressed
- Give yourself time out from the pain – try to do something you enjoy or something you haven't done before
- Connect with yourself and remember who you are – through religion, meditation, music, walking, sport, or hobbies

Tools2Thrive – Grief

What can I do to manage my grief?

2

Postpone major life decisions

The stress and sadness of grief can affect our ability to make good decisions. It can be tempting to make decisions quickly. Sometimes we feel pressure from other people to move on and make changes. If possible, we are best to delay and put off major decisions until a time that we can think more clearly. If decisions have to be made now, it is best to talk with someone we trust who is not directly affected by the loss.