

# Cultivating positive habits and building resilience

## A resource pack for young people

MENTAL HEALTH SUPPORT TEAM (MHST)  
Emotional Health Service  
Achieving for Children  
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Clinical Commissioning Group

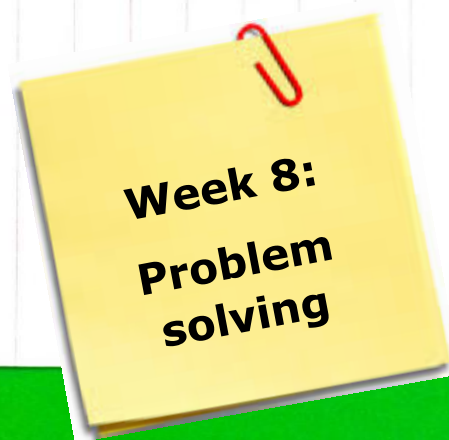
 achieving  
for children

 Are you OK  
Kingston?

 Are you OK  
Richmond?



# Grow Your Mind



**Week 8:  
Problem  
solving**



# Problem solving



This week focuses on problem solving

## ***Why is this important?***

Life will inevitably have its ups and downs, we all face challenges in our lives. However, it is not the lack of challenges that leads to success and wellbeing but our capacity to manage and problem solve when these issues arise. This is why building our problem solving skills is helpful.



# How can we grow this area of our mind?

Breaking  
problems down  
into  
manageable  
steps

Reviewing the  
outcome

Asking for  
help and  
support



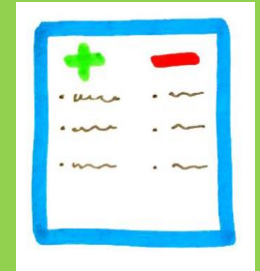
# Breaking the problem down

**Step 1:**  
Write down  
the problem

**Step 2: Brainstorm**  
ideas from the sublime  
to the ridiculous



**Step 3: Choose**  
3 options and  
weigh up the  
pros and cons of  
each



**Step 4:**  
Choose one  
possible  
solution

**Step 5:**

Plan out step-by-step what you need to do to carry out this solution. Use these questions to help:

1.What?

2.When?

3.How?

4.With  
whom?

5.What are the  
potential barriers?

6.How do you get around  
these barriers?



# Reviewing the outcome

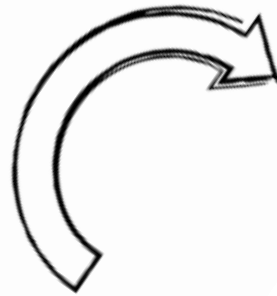
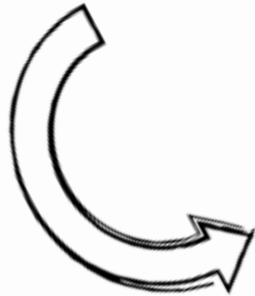
Did it work?

What did I learn?

What is the next problem I can tackle?

If not why not?

Can I improve it to make it work?



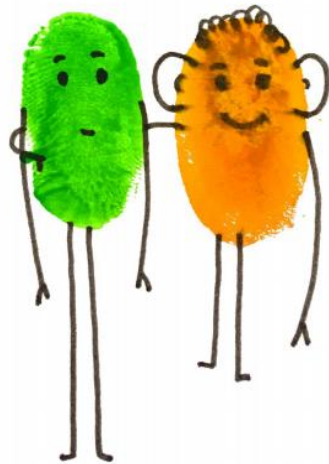
# Asking for help and support

There are problems we can solve on our own

Problems we can work through after we've broken them down into manageable steps

And problems we need help and support to solve

Although it's great to practice problem solving skills, sometimes we need help and support. Talking to someone you trust can be really helpful when we are feeling stuck or worried about something.



Who could you talk to if you had a problem?



# Summing up

1. What 3 things have I learned?
2. What 2 things do I want to find out more?
3. What 1 question do I still need to ask?

## Resources:

<https://camhs.cnwl.nhs.uk/children/cope-ometer/>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>





We hope this session has been helpful  
There is a word document you can access with some  
more activities.

Next week...

Connecting with others!

