

Cultivating positive habits and building resilience

A resource pack for young people

MENTAL HEALTH SUPPORT TEAM (MHST)
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Clinical Commissioning Group

 achieving
for children

 Are you OK
Kingston?

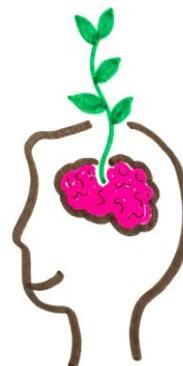
 Are you OK
Richmond?

A decorative wreath made of various green leaves and branches, framing the central text.

Grow Your Mind

A yellow sticky note with a red paperclip at the top, containing the text 'Week 8: Problem solving'.

**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

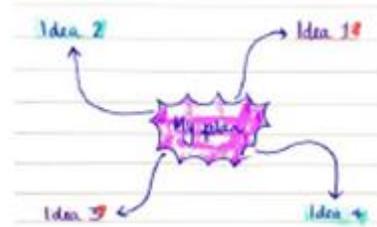
Asking for
help and
support



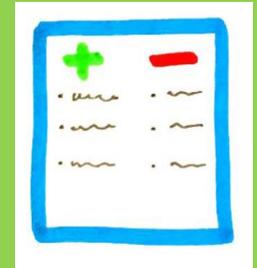
Breaking the problem down

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

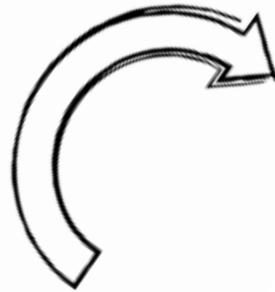
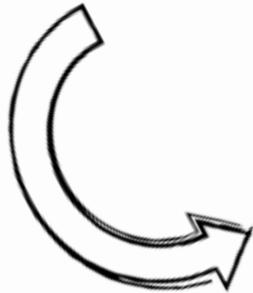
Did it work?

What did I learn?

What is the next problem I can tackle?

If not why not?

Can I improve it to make it work?



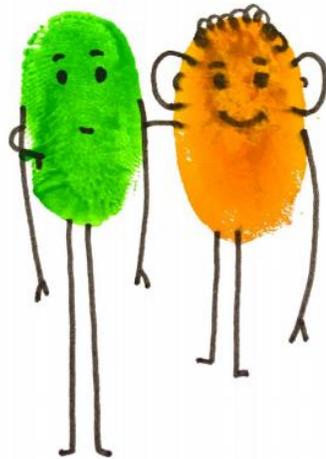
Asking for help and support

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!

