

MY LIFE-FIT HABITS

PROBLEM SOLVING SKILLS

Why is it helpful to use **Problem Solving Skills**?

Developing skills for logical thinking and problem solving helps to develop effective decision-making skills. As you develop skills for managing your thinking as well as your feelings, you become better at putting decisions into practice and keeping them on track.

You can always ask an adult for help if you need it

Try this Life-Fit **Problem Solving Skills Challenge**

Use the 5-step problem solving plan to sit down with your family or a friend, identify a problem (big or small) and work together to try and solve it. Remember, the first solution might not work, but you can always try another solution next time! Good luck!

What is **Problem Solving**?

Problem solving is knowing when you have a problem (big or small) and knowing how to work out how to solve it. This can help lower your anxiety levels.

What are some techniques to improve my **Problem Solving Skills**?

- Stop and think
 - What is the problem?
- Make a list of all things you could do about the problem
 - Which choices might make the problem bigger?
 - Which choices might make the problem smaller?
- Pick one of your choices from your list and try it!
- Stop and think
 - Did my choice work?
 - Why or why not?
- If it didn't work, that's okay! Go back to your list of choices and try again

Ask your parents to take a look at these **Helpful** websites:
www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/making-decisions

<https://au.reachout.com/articles/a-step-by-step-guide-to-problem-solving>

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust. Try these support websites:

www.lifeline.org.au www.eheadspace.org.au www.youthbeyondblue.com
<https://www.kidsmatter.edu.au/mental-health-matters/mental-health-difficulties/anxiety>

