

### Problem Solving

When we are feeling, “NOT O-K” we all come to a crossroads: either problem solving or using distress skills to help us cope with the situation. These two skills can be used as a way to cope ahead, or as independent emotion regulation skills to help reduce/change intense emotions.

Try these steps for problem solving in situations that have already occurred or are ongoing.

1. **DESCRIBE** the problem situation.
2. **CHECK THE FACTS** (check all the facts; sort them from interpretations)
  - Are you interpreting the situation correctly? Are there other possible interpretations?
  - Are you thinking in extremes (All or nothing, catastrophic thinking?)
  - What is the probability of the worst happening?
  - Even if the worst were to happen, could you imagine coping well with it? (mental dress rehearsal to the best case scenario)
  - If you are still faced with a big problem, then start the steps below.
3. **IDENTIFY** your **GOAL** in solving the problem.
  - Identify what needs to happen or change for you to feel OK.
  - Keep it simple; keep it something that can actually happen.
4. **BRAINSTORMING** lots of solutions.
  - Think of as many solutions as you can. Ask for suggestions from people you trust.
  - Do not be critical of any ideas at first (wait for Step 5 to evaluate ideas)
5. **CHOOSE** a solution that is likely to work.
  - If unsure, choose two or three solutions that look good.
  - Do pros and cons to compare the solutions. Choose the best to try first.
6. Put the solution into **ACTION**.
  - ACT: Try out the solution.
  - Take the first step, and then the second...
7. **EVALUATE** outcomes.
  - Did it work? YEAH! Reward yourself!
  - It didn't work? Reward yourself for trying (commitment to change) and **DON'T GIVE UP!**

Trying solutions that match our values help us feel confident in the process. When we find we can't problem solve the situation, we can turn to coping skills and self-compassion. Not all things are problems to solve when we have intense emotions, but we can use these steps to get more clarity.

Source: Acceptance Commitment Strategies, Daniel J Moran & Steven C. Hayes; DBT skills Manual, Jill H Rathus & Alec L Miller



### Helpful Links

[Problem solving skills video](#)

[How Confidence Can Help with Problem solving](#)

[UGA Extension Forsyth County March Newsletter](#)

[WELLNESS NEWSLETTER BY GA DOE](#)

[A BEAUTIFUL SOLUTION](#)



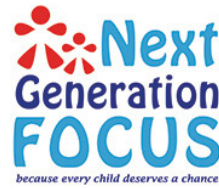
# Forsyth Community Wellness News

## The Quarantine Blues?

We believe it is possible for you and those in your home to experience health & wellness, as well as share it with others. We want to help with that.

Click here to refer a student learning virtually to receive a self-care package from FCS and the Forsyth County Total Wellness Collaborative.

Click here if you would like to volunteer to deliver them to a student's home.



Online Tutoring, homework and mentoring support

**Eat Pie + Give Pie = Support Meals by Grace! Click Here**



Click here for a list of food items needed at The Place!



For Local Job Listings Click Here



The best way to predict the future is to create it.  
Peter Drucker



- Training Programs
- Temporary Work Experience
- On-the-Job Training
- Virtual Career Coach & Job Board

More information on each service can be found on our [Job Seekers](#) page!

(Just click on this graphic.)

Who can apply for this grant?

Applicants who live in or have been laid off from one of the WSGM Area counties- Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union, and White; and fit one of these scenarios:

Funding available to cover tuition costs and assist with gas and childcare costs from the **National Dislocated Worker Grant**

- Temporarily or permanently laid off due to the COVID-19 Disaster
- Currently receiving or exhausted unemployment
- Was self-employed and lost income (or a large portion of it) as a result of the COVID-19 crisis
- Unemployed for 27 or more consecutive weeks



## Forsyth, Dawson, Lumpkin

NAMI Homefront is a free, 6-session program for family, friends and significant others of military Service Members and Veterans. The class helps families understand what the Service Member/Veteran is experiencing related to trauma, combat stress, civilian life transition, PTSD and other mental health conditions. Click Here to learn more!



**2 x 2 Series:**  
Daily Self-Care Tips & Support for Managing Life