

4 Solution Analysis

There are 4 solutions to any problem...

SOLUTION #1: Change the situation or solve the problem.
Solve the problem. Mobilize support. Build community. Change policy.
Take better care of yourself. Leave or take a break from a stressful situation.

SOLUTION #2: Change your attitude about the situation.
Focus on what matters. Learn something. Tap into your strengths / wisdom.
Encourage yourself and others. Find the beauty in the mess. Savor gratitude.

SOLUTION #3: Radically accept the situation *as it is*.
Accept the reality of what is out of your control or power to change.
Observe, name, and accept any feelings or reactions that naturally arise.

SOLUTION #4: Stay miserable.
That's it. Simply choose to stay miserable.
Because that's always an option.

Which solution will you try?

Self-Care Ideas

Plan self-care goals that are **S.M.A.R.T.**

Specific... **M**easurable... **A**chievable... **R**ealistic... and **T**ime-bound...

Stop

Start

Continue

Resources

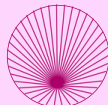


Therapy For Real Life



Self-Care Resource
Library

Therapy
For Real Life
Podcast



Workshops For Real Life



Self-Care Events
+ Pop-Ups

Solution #1

Change the situation or solve the problem.

... such as...

- Set boundaries (be specific...)
- Ask for a raise
- Take a vacation or sabbatical
- Change departments or projects
- Improve communication skills
- File a complaint
- Have some fun
- Run for office
- Go back to school
- Exercise
- Change your scenery
- Stop harmful habits
- Improve relationships
- Go to therapy....

What works for you?



Solution #2

Change your attitude or perspective.

- What can you learn from a challenging situation?
- What motivates you when you feel like giving up?
- What personal strengths can help you during a time of stress?
- How can you focus your attention in a positive direction?
- Who can you consult to see things from another perspective?
- What ancestral wisdom can guide through a tough situation?
- What encouraging statement could you say to yourself or others during a difficult time?

What helps you stay motivated
during a difficult time?



Solution #3

Practice reality acceptance.

- Name the most challenging part of this situation.
- Make a list of what is and isn't in your control.
- Notice what your strong feelings say about you and what you care about.
- Journal and express yourself in creative ways.
- Practice breathwork.
- Talk about what is bothering you or making you happy!
- Practice gratitude whenever you can.
- Ground yourself in mindfulness through the 5 senses.

How do you cope with reality *as it is* when life doesn't go the way you want?



Solution #4

Stay miserable.

How do I recognize that I am feeling miserable?

What changes in my thoughts, feelings, and behaviors will I notice when I am not feeling like myself?

What will other people observe when I am miserable, and how can they help?

What are productive ways to be miserable, on purpose, even if it is just for a little while...?

- Throw a pity party. Invite a friend.
- Make a list of complaints.
- Tell a professional.
- Be upset and give yourself a hug.
- Cut yourself some slack.
- Act out (within reason).
- Be moody. It will pass.
- Worry as hard as you can. (Set a timer).

Contact crisis resources if you are in need of immediate support.

For US, Call: 988 or 911 Visit: crisistextline.org or Text: HOME to 741741