

RESILIENCE IN FOCUS

USE PROBLEM SOLVING TO OVERCOME CHALLENGES

Problem solving is a resilience skill designed to help individuals broaden their perspective by considering information they might have missed and get a more accurate understanding of the problem at hand.

PROBLEM SOLVING IN ACTION

OBJECTIVELY DESCRIBE THE PROBLEM.

FOCUS ON THOUGHTS ABOUT WHY THE PROBLEM HAPPENED.

ACCURATELY IDENTIFY THE TRUE CAUSES OF THE PROBLEM BY WEIGHING EVIDENCE FOR AND AGAINST POTENTIAL FACTORS.

EVALUATE WHICH FACTORS ARE CONTROLLABLE AND DEVELOP SOLUTION STRATEGIES THAT WILL BRING ABOUT POSITIVE CHANGE.



**DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS**

For more ways to strengthen your resilience,
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