

Problem Solving

Practical strategies for managing problems step by step.

Understanding problems

When problems build up, people can start to feel overwhelmed, stuck, or unsure where to begin. Breaking problems into smaller steps can make situations feel more manageable.

What can help

Slow things down

- focus on one problem at a time
- avoid trying to solve everything at once
- write the problem down clearly

Look for practical options

- think of possible next steps
- consider what feels realistic right now
- keep solutions simple

Take one small step

- make a phone call
- organise paperwork
- ask for support
- complete one practical task

Small actions can help create momentum.

Try this today

Choose one problem that feels manageable enough to work on this week. Focus on one small practical step rather than solving everything at once.

This resource provides practical wellbeing and self-help information. It is not an emergency or crisis service. If difficulties continue or increase, additional support may help.

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