

PROBLEM SOLVE - F.A.C.E

F - Find/identify the problem that needs solving

A - Action the steps you need to take to solve the problem

C - Coping strategies and resources you will utilise

E - Evaluate

F) Be honest about what's really bothering you. Avoiding problems can increase stress and make them feel bigger over time. Naming the problem clearly is the first step to reducing its power. Use the space below to list what's on your mind. Then choose one issue to start with – ideally the smallest or most manageable – so you can build momentum and confidence.

My current problems/challenges:

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The one I'm tackling first:

A) Decide what needs to happen to move this problem forward. Break the solution into steps, then break those steps into smaller, doable actions.

Steps to solve the problem:

- 1.
- 2.
- 3.

First small action I will take (today/this week):

When I will do it:

C) Choose tools and people that help you stay calm, clear, and supported while you work through the issue. Examples: talking to someone you trust, asking for help, prioritising sleep, exercising, social time, meditation/breathing, journaling, using assertive communication, setting boundaries.

My strategies and resources:

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Who can support me (if needed):

E) Check in at regular points to see what's working and what needs changing.

Ask yourself:

- Are my steps helping?
- Do I need to add, remove, or change any steps?
- What's going well?
- What's not going well – and why?
- What could I do differently next time if a similar problem happens?

Review date / next check-in:

What I've noticed so far:

Changes I will make (if any):