

Well-Being Video: Session Seven

Personal Problem-Solving



Here we look at how an overload of problems is stressful and could lead to escapist behaviour such as unhealthy alcohol or drug consumption, unhelpful relationships or suicidal thinking. The human body needs continual attention: to wash ourselves, to dress, to eat, to sleep and to keep on top of our small and big challenges.

Facing a problem with the view that there is a solution somewhere, that this is a chance to learn.

The DANCER method offers a systematic processing of a problem which includes brain storming and assessing the benefit of various solutions.

There are solutions even if it just means changing an attitude of mind- the world is better than what we think!

There is a choice of processing one's own problem or from a list of situations in the handout.