**Problem Solving using the acronym 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.**

**Avoiding problems leads to stress and ill health. Follow the problem-solving acronym F.A.C.E to increase problem solving skills and decrease stress.**

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| **Find**  **Find/identify the problem that needs solving. Do not avoid a problem. Avoiding problems leads to stress and the longer you avoid the problem the bigger the problem will appear. Use the space below to write a list of your problems, then tackle the smaller ones first to shorten your list and gain confidence in your ability to solve the issues.** |
| **Action**  **Action the steps you need to take to solve the problem. Decide on the steps you will need to take to solve the problem. Once you have the steps break them down into smaller steps. Then start actioning the steps to solving the problem.** |
| **Coping**  **Coping strategies and resources you will utilise.**  **Examples: talking to someone you trust, asking someone to help you, getting a good night’s sleep, taking part in exercise and social activities, meditation, using assertive communication.** |
| **Evaluate**  **Evaluate the situation at regular opportunities to review how things are going. Are the steps working? Are more steps needed? Do any of the steps need to be changed? What is not going well? What is going well? What could be done differently if the same problem is encountered again.** |

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