



“Why don't my problems ever end?”

You've probably found yourself asking this at some point or the other. After all, problems are inevitable. But you know what's the main question here?

It's 'how' we respond to our problems. According to Psychologists, when we respond to problems with a positive approach, our brain is receptive to a broader range of options.

“Avoidance” as a coping method to problems, on the other hand, is considered self-sabotaging and feeds on anxiety, as per Experts.

So how can we tackle our problems head-on? By building a problem-solving mindset - a skill that makes us happier, confident, resilient, and independent.

Here's how we can go about it -



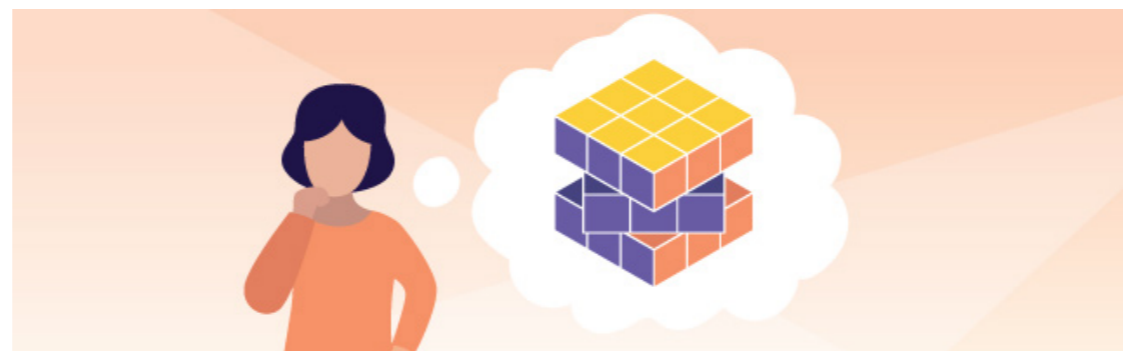
Step 1: Start at the roots

Identify the real cause of the problem. Say a task completion seems difficult. Ask yourself, “Is it because there's not enough time or resources? Whichever answer is ‘Yes’, go to Step 2. If ‘No’, continue with Step 1. This, as per Experts helps with insights to find solutions.



Step 2: Look outside the tunnel

As per studies, tunnel vision can cause failure through a need to jump to solutions. Try addressing the problem from different angles. Focus on possible results, and lay out a path to get there. Say time is a constraint, think about how you can manage it better.



Step 3: Make your way to a solution

Brainstorm all possible solutions to your problem. For this, Experts suggest making a list of potential solutions. Eg, if time management is a concern, you can try prioritizing your work by allocating more time to the most important things on the list or starting your day early.



Step 4: Don't just set but get there

Once you've found your ‘ideal solution’, work towards it by continuous evaluation. Two major factors that Experts recommend are creating a timeframe and setting key performance indicators. This helps set deadlines, track progress, and pivot to alternate strategies.

How about you put these tips into practice and aim to reach your ideal solution? In case you're facing difficulties in putting a road map to problem-solving, professional guidance is here.

CONNECT WITH AN EXPERT

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com.

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