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Bridge4Mothers

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PSL Programme — Personal, Social and Learning-to-Learn Competences

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Problem-Solving & Resilience Guide

Building Confidence Through Everyday Challenges

- Life often presents unexpected situations, especially when balancing family responsibilities, work, and personal wellbeing. While we cannot control every challenge, we can control how we respond to them. Developing problem-solving skills and resilience helps us feel more confident, adaptable, and capable of managing difficulties in a healthy way.

- Resilience does not mean never feeling stressed or overwhelmed. It means learning how to recover from setbacks, adapt to change, and continue moving forward despite obstacles. Every challenge you overcome strengthens your ability to deal with future situations.

1. Practical Problem-Solving Steps

- When faced with a challenge, avoid trying to solve everything at once. Instead, work through the problem step by step.

- **Step 1: Clearly define the problem**

- Ask yourself:

- What exactly is happening?

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- What is causing the difficulty?
- What can I control?

Step 2: Generate possible solutions

- Brainstorm several options without judging them immediately. Sometimes even small ideas can lead to effective solutions.

Step 3: Evaluate your options

- Consider:
- What are the advantages?
- What are the disadvantages?
- Which option is most realistic?

Step 4: Take action

- Choose one solution and try it. Remember that no solution needs to be perfect.

Step 5: Reflect

- Afterwards ask yourself:
- What worked well?
- What could I do differently next time?

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- What have I learned?

2. Confidence-Building Techniques

- Confidence grows through experience rather than perfection.
- Try to:
- Celebrate small achievements every day.
- Replace negative self-talk with encouraging thoughts.
- Focus on what you can control rather than what you cannot.
- Learn from mistakes instead of fearing them.
- Remember previous challenges you have already overcome.
- **Positive self-talk examples:**
- *I can handle this one step at a time.*
- *I have overcome challenges before.*
- *Every small success matters.*
- *It's okay to ask for help.*

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3. Positive Coping Approaches

- Healthy coping strategies help reduce stress while improving emotional wellbeing.
- Examples include:
- Taking slow, deep breaths.
- Going for a short walk.
- Talking to someone you trust.
- Writing down your thoughts.
- Taking short breaks during demanding days.
- Practising mindfulness or relaxation exercises.
- Maintaining healthy sleep, nutrition, and physical activity.
- Avoid relying on unhealthy coping habits such as avoiding problems, excessive self-criticism, or isolating yourself from others.

4. Building Resilience

- Resilience develops gradually through daily habits.
- Strengthen your resilience by:

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- Maintaining supportive relationships.
- Accepting that change is part of life.
- Setting realistic goals.
- Focusing on progress instead of perfection.
- Practising gratitude.
- Looking after your physical and emotional health.
- Asking for support when needed.
- Remember that resilience is like a muscle—the more you practise it, the stronger it becomes.

Reflection Activity

- Take a few minutes to think about the following questions:

Reflect on your personal strengths

- What are three strengths that help you overcome challenges?
- What achievements make you proud?
- Who supports you when life becomes difficult?

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Approach challenges step by step

- Think about one current challenge.
- Write down:
- The problem:
- One possible solution:
- The first small action I can take today:
- Who could support me if needed?

Recognise your progress over time

- At the end of each week, ask yourself:
- What challenge did I manage this week?
- What new skill did I use?
- What have I learned about myself?
- What am I grateful for today?

Key Message

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- Every challenge is an opportunity to learn and grow. By approaching problems one step at a time, recognising your strengths, and celebrating small successes, you build confidence and resilience that will support both your personal wellbeing and your future goals.

- **Recognise and celebrate your progress**, no matter how small, as every achievement contributes to your personal growth.

  Remember: Resilience is not about avoiding difficulties—it is about learning, adapting, and growing stronger through them. Every small step forward is a success.

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