

Strengthening Caregiving Problem Solving

Lynya Floyd <https://www.lynyafloyd.com> wrote an article called, "Decisions Decisions." She discusses ways to strengthen our problem-solving skills. In your ongoing caregiving it is hard to predict what is going to happen, and you always have to be ready for surprises. Floyd offers, "The next time you find yourself facing a choice about your self care, try asking yourself one of the seven questions below: "

1. What would 80% success look like to me? An attitude of perfection can leave us feeling like we have failed - not to mention becoming more stressed. We cannot judge ourselves based on a wish for perfection in a constantly changing day.
2. What is most important to me about this situation? When making a choice, there is no right or wrong. Take a moment to ask yourself what is most important, so you can arrive at the best result.
3. Where could I go to squeeze in a quick walk? Even brief (five minutes) periods of exercise can free up our mind and boost creativity. Sometimes we are caught too deep in a cave of thought to find our way back out. Take a step out of circular thoughts to gain a different perspective.
4. What are *all* my choices? We may be trying to convince ourselves that a problem only has one correct answer. Brainstorming can uncover five or ten options for each problem you face.
5. What technology can I lean on? Technology can make your day easier and lend you a hand. So many apps and so much information is on our devices and on the internet. They can help us think outside the box, and even ask the questions you hope others to answer.
6. What if I did — — —? We may approach problem solving by asking ourselves, "Should I do X or Y?" That leaves us "shoulding" all the time. Start a question with "What if I...?" and it will change the way you look at a situation. By removing the dread of a "wrong" decision. Instead create an amazing outcome, by being in control of the choice.
7. Who can help me figure this out? There are professionals as well as a community of care-ers who are ready and willing to be helpful and supportive. Sharing with a friend or family member can open doors to new ideas. Texting, posting or talking with others can lift your mood and offer you unexpected solutions.

Perhaps, these suggestions will help you move from feeling exhausted to feeling empowered.