

HeadFIT

Problem Solving

Lt Cdr Hugo Mitchell-Heggs, SO2 Human Performance, Royal Navy Submarine Service

Everyone has problems, at work or at home. It's normal. They might be big or small, but they don't need to get in the way of clear thinking and effective performance. If you worry about a problem, you might overthink it or avoid tackling it altogether. So instead of worrying, try using a positive step by step approach to be more on top of things. Be logical and break the problem down. Then, identify your options. Tackle the bits you can control one step at a time. Ask for help if you need to. You can't solve every problem but a positive approach to the things you can control helps you reset yourself, reduce your stress levels, and improve your mental fitness.