

# Problem Solving: 4 steps for better diabetes management

- Problem solving helps people to cope with stressful or overwhelming situations, and when no solution seems workable or it is difficult to get started.
- Helps you feel more motivated when the task is broken down into easier steps.
- First, select steps even if there is no ideal solution.
- Second, take a difficult task and break it into manageable steps.
- Let's look at how we can use this technique in 4 steps.

