

Problem Solving: 4 steps for better diabetes management

Step 1

Describe the problem in as few words as possible.

Example – I do not exercise enough but would like to as I know it will help my health.

Step 2

List all **possible solutions**.

Come up with as many solutions as possible even if you are not sure they will give you the ideal outcome. List them even if you think you are not sure if you will do them.

Examples of possible solutions:

- Get off the bus two stops early and walk to work.
- Use the staircase instead of the lift.
- Join a gym.

