

Topic: Analyzing Situations

Breathe

Sometimes we can feel confused when analyzing a situation. One helpful technique is to stop and breathe... take a few minutes of mindfulness to connect with clarity.

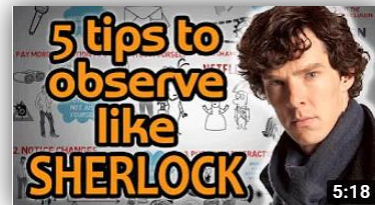
Let's try...



Learn

Everyone faces challenges, problem solving involves skills that everyone can learn and practice..

Here's some tips to analyze like Sherlock Holmes:



Practice problem solving, have some fun and learn something new!!

- Learn to code: <https://code.org/> or
- Learn to play chess: <https://www.chess.com/>

Move

Can you feel WAY better in 15 minutes?
Yes!

Analyze how you are feeling now. Try the 15 minute video below and then analyze the change.



Grow

Write about a challenge you are currently facing. Steps to consider:

1. Understand the Problem-Ask:

What do you already know? Make some observations

What do you need to know?

What is your plan if you get stuck? How can you overcome the obstacles?

What if you get stuck?

Check this video out when you feel like there is nothing you can do:

