



# June 2021: Be a Problem Solver

**MINES  
& ASSOCIATES**  
*A National Business Psychology Firm*



***“We can not solve our problems with the same level of thinking that created them.” – Albert Einstein***

Welcome to the **June 2021 edition of TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we will be looking at developing your skillset around problem-solving and decision making.

Decision-making and problem-solving can be very tough, especially if we fall into the trap of overthinking, or over-complicating, the issue. That’s why it’s important to know when to take a step back, analyze, and simplify. The tips below can help you do both.

Please remember that your EAP is here for you to provide a variety of resources to manage stress around decisions or problems you may be facing. You have access to free and confidential financial coaching, unlimited telephonic financial consults, network service discounts on financial services, self-help tools, trainings, and more. Plus, an online resource library full of proactive self-help tools! Visit [PersonalAdvantage](#) for helpful articles, financial calculators, legal and financial forms, budget sheets, and more!

To your total wellbeing,

The MINES Team

***Creative Problem Solving 101***

## ***This Month’s Focus***

### ***Free Webinar:***

[Innovative Decision Making: Problem Solving](#)

### ***MINESblog:***

[New to TW? Check out our past Blogs!](#)

[COVID 1-Year Later](#)

### ***Important Links***

[COVID19 Resource Page](#)

[Visit our BLOG](#)

[MINES and Associates](#)

[Current Training Catalog](#)

[Balanced Living Magazine](#)

[LinkedIn](#)

[MINES Archives](#)

***Contact Us***

[Email MINES](#)

Don't despair if the same frustrating problems shackle you at work time and time again. Perhaps you're bored with your job or concerned because the competition is passing your company by. Be aware that you can solve these problems with creativity.

Whether you realize it, you already have creative ability. "Ninety-eight percent of people are creative, but our socialization process causes them to put it on the back burner. The fastest way to tap into your creativity is to learn how to use creative problem-solving techniques," says James M. Higgins, author of *101 Creative Problem-Solving Techniques*.

Two of his favorite techniques—one for individuals, the other for groups—may work for you.

### **Mind Mapping**

Mind mapping can help individuals brainstorm solutions to a problem; plan a meeting, party, or vacation; organize daily work duties; compose a speech; and take notes at a staff meeting.

### **Storyboarding**

With storyboarding, a group can come up with a multitude of creative ideas quickly while viewing them in an organized fashion.

[To read more and learn how to Mind Map and Storyboard click here.](#)

Remember, if you or a household member are facing tough decisions, your employee assistance program is here for you. Resources include free and confidential counseling, self-help tools, trainings, work/life balance tools, and more. **If you need additional information or to access services, please call MINES and Associates at 1-800-873-7138 today.** Also, [PersonalAdvantage](#) has a ton of great resources and FREE [webinars](#).

## ***Developing Effective Decision Making Skills***

It's not easy making decisions, especially when those decisions impact your personal life and the lives of those you interact with on a daily basis. That kind of responsibility can often cause you to avoid the issue and postpone making any decision at all. When this happens, it can create openings for the other elements of your life (family, friends, coworkers, and major events or issues) to make decisions for you.

Do you really want to hand over the control of your life to random events or people who might not have your best interests in mind? It's time you put your life back into focus by following these tips and learning how to become a smarter decision-maker.

### **Avoiding Rushing Into a Decision**

You can't resolve a problem in your life if you don't know exactly what's happening. Take the time to consider what's happening, who might be involved, and how different outcomes might impact your life.

**Look at All of the Options**

You can't use the same solution to solve every problem in your life. Be willing to step back and consider all of the possible solutions ☑ even the ones that aren't so obvious ☑ to make the decision that's best for your needs.

**Be Rational in Your Decision Making**

Everyday decisions can be made with your heart, but big decisions, life-altering decisions, should always be made with your head. Consider the pros and cons and take the time to consider the short-term and long-term outcomes of your solution. Avoid making decisions off-the-cuff that might actually create more problems for you in the future.

**Learn from Your Mistakes**

Not every decision you make is going to be the right one. Some solutions might start out fine but not work out over time. Pay attention to which decisions helped you reach your goals and which ones created additional roadblocks. Consider the feedback you receive from those impacted by your decisions. Learn from those experiences and use that knowledge to help you make a better decision in the future.

***If you or a member of your household needs assistance or guidance on any of these wellbeing topics, please call MINES & Associates, your EAP, today for free, confidential, 24/7 assistance at 800.873.7138.***

**To access past issues of *TotalWellbeing* please visit our [newsletters page](#). This newsletter is aimed at providing helpful information about various aspects of your wellbeing and then connecting it all back to important and relevant parts of everyday life. If you have any thoughts, questions, or content you would like to see covered here please get in contact with us. You can email us directly by clicking [here](#).**

*MINES does not warrant the materials (Audio, Video, Text, Applications, or any other form of media or links) included in this communication have any connection to MINES & Associates, nor does MINES seek to endorse any entity by including these materials in this communication. MINES accepts no liability for the consequences of any actions taken on the basis of the information provided herein, nor any additional content that may be made available through any third-party site. We found them helpful and hope you do too!*

To unsubscribe from this monthly newsletter, click [here](#).