

Worksheet

**Acceptance and change**

**Activity**

1. Consider some of the situations you/your team identify as challenging and possible strategies to help accept or change the situation. (For support with [identifying challenges](https://www.mentalhealth.org.nz/assets/Working-Well/WS-identifying-challenges.pdf))

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| **Situation** | **Acceptance**(Strategies for tolerating reality) | **Change**(Problem-solving strategies) |
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1. Weigh up the ideas that feel achievable and realistic to you. Make sure you have included, where you can, accessing other supports.

**Problem solving template**

**Situation (what is happening):**

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**What is the challenge for me/the team?**

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**What acceptance and change options would work for me/the team?**

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| **List of solutions** | **List advantages and disadvantages of each solution** | **Choose best or most practical solution or combination** |
|  | **Advantages** | **Disadvantages** |  |
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**Plan how to carry out the solution: How will I/we achieve the goal?**

1. List the steps to achieve your goal.
2. Remember to look at the supports (both resources and people) you have identified in the [Fuel in, Fuel out](https://www.mentalhealth.org.nz/assets/Working-Well/WS-refuelling-individual.pdf) worksheet and use these.

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| **Step** | **Action** | **What supports, or resources are needed and who will be involved?** | **When** |
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**Review how well the plan went**

Remember this is about reducing stress by resolving an issue, so thinking about how we felt about

the process and results is important to review how successful it was.

**• During the situation – how did the approach go?**

*E.g. How did I/the team feel, what were my/our thoughts, how did I/we manage them?*

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**• Afterwards – what was the result?**

*E.g. How did I/the team feel, how did I/we deal with it, what can I/we learn from this?*

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**• Next steps – What else needs to happen?**

*E.g. Do I/we need to talk to someone, get in other support, change anything for the future?*

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