







## BUSHFIRE RECOVERY SERIES

### Tips for problem solving.

Following disasters such as bushfires, people can experience some common and often distressing reactions. These can include strong feelings of grief or anger, difficulty sleeping, or unhelpful behaviours like drinking more alcohol or arguing with people more than usual. But working on some basic coping skills can help a lot. For many survivors, these skills will be enough to enhance recovery and help tackle stressful issues. One very useful skills is problem solving.

After experiencing a bushfire, people are struggling with a wide variety of problems, ranging from how to clean up their house block, to worrying about arguments with their partner, how to manage their finances or struggling to supervise children adequately in a new or altered environment.

#### Four Steps to Problem Solving

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**Identify the problem.** First, try to identify what the problem really is. Is this your problem or does it belong with someone else? If not, put it aside and choose one that you can do something about. And if you're feeling overloaded with all sorts of not-finished tasks, give yourself permission to let some problems wait till later.
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**Assessing the problem.** If the problem is big, break it into manageable parts. For example, if you're needing to clean up your block, perhaps you can break it down into house site, shedding, and the rest of your property. Then decide what you're aiming for, like 'We need the site to be safe', or 'What I can salvage?', or 'I want a break from this mess'.
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**Brainstorming solutions.** Next think up as many ways of achieving your goals as you can e.g., temporary fencing to keep children out of the rubble, organizing a working bee, accessing a government-funding service, or going away for a short break. Try writing your ideas down, and come up with lots – a range of ideas can help at that stage!
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**Adopting a solution.** The final step is to sort through the options together with those close to you, or perhaps with a case manager, and choose several that best meets your goals. Then think what you need to do to give them a go.

Reference: Australian Psychological Society, 2020. "Australian bushfires 2020: Psychological preparation and recovery." <https://www.psychology.org.au/Australian-bushfires-2020>

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or visit our website [www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)

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