

## Problem Solving Under Stress

**Note: My NM Care corner is not intended to replace clinical care or management by a healthcare provider. If you have a medical emergency, please contact your healthcare provider.**

Being diagnosed with cancer brings new changes to your life. These changes can be overwhelming. This section will touch on how you can effectively address these challenges through problem solving.

Some challenging situations can be changed, while others cannot. To deal effectively with a situation it first helps to determine:

- What situations can be changed (the things we can control)
- What situations cannot be changed (the uncontrollable).

Once you have identified the situations you can control, you can then consider problem-solving strategies to address those situations.

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