**EC-PST Vignettes**

**Toolkit #1: Planful Problem Solving: Fostering Effective Problem-Solving and Use of PST Worksheets**

1. Effectively managing stressful life problems requires a planful approach. The set of skills required to do this require both learning and practice and include four planful problem-solving skills. We teach you these skills and help you practice them in your everyday life by completing PST planful problem-solving worksheets. The four skills are *problem definition, generating alternatives, decision-making and solution implementation and verification.*
2. Through *problem definition,* or the clarifying the nature of a problem, you learn how to set a realistic problem-solving goal, and identify those obstacles that are currently from preventing you from reaching your goals. For example, if you want to raise your GPA, we will figure out a realistic GPA that you can achieve and identify the very real obstacles that are currently preventing you from reaching that.
3. The second one is *generation of alternatives,* in which we teach you to use your creative skills to brainstorm different types of solutions. For example, if you are struggling to talk to your roommate about cleaning up after themselves, you can use the brainstorming tool to discover that there are many ways to get closer to your goal and get past the obstacles in your way.
4. For the third skill (*decision making)* you will learn how to look at the likely consequences of different solution ideas and develop an action plan that is geared toward achieving the problem-solving goal. Using the GPA example again, you can develop an action plan that represents the best solution match for you.
5. The last skill *is solution implementation and verification,* involves carrying out the action plan, monitoring and evaluating the consequences of the plan, and determining whether one’s problem-solving efforts have been successful. Using the roommate example, once you have figured out the best solution, you can carry it out, see what happens, and evaluate if the outcome is what you wanted.

**Toolkit #2: Problem-Solving Multitasking Toolkit: Overcoming Brain Overload**

1. All of the tools in this toolkit are designed to be used to help you organize an overwhelming amount of information with regard to a challenging problem and will be used in conjunction with all the other toolkits.
2. Through “externalization” you will experience how writing things down, recording messages for yourself on your iPhone, or talking through a difficult problem helps you to be less overwhelmed. Try getting the brain overload you are experiencing with a difficult problem “out of your head” and onto paper and you may notice that the thinking part of your brain can better understand and begin to organize this challenging problem or goal. For example, trying to talk to your parents about your current relationship may be really hard. Let’s write down all of the thoughts, feelings, and concerns that are contributing to your experience of being overwhelmed as a way to being to begin to organize all of this information
3. Through visualization, you learn to use visual imagery to help understand and clarify a current problem or goal. One way is to try picturing the problem in your imagination to help you better define it. You can also use visualization to rehearse how you’ll carry out a solution or action plan that you have developed. Finally, you can use visualization to help calm you when you experience strong emotions associated with stress.
4. We teach you the use of “simplification” to break down a large or complex problem to make it more manageable. For example, consider how you would begin to break down a complex situation like getting into medical school into smaller pieces to accomplish one at a time.

**Toolkit # 4: Stop and Slow Down: Overcoming Emotional Dysregulation**

1. This important toolkit is referred to as the “SSTA” method. It stands for:

S = Stop (and be aware of what you are experiencing)

S = Slow down and take a moment to “turn down the volume of strong emotions.” You can take a few deep breaths, or use other techniques, so you can still listen to your feelings which give you important information, but allow your brain to keep working. Ultimately, you will need to think carefully and planfully about an action plan that gives you the best chance of reaching your goals or solving a problem.

Only after reducing intense emotional arousal and “turning down the volume,” can you planfully and carefully,

T = Think, and

A = act.