If you have found this Solution Focused resource helpful then you may find a conversation with a professional more helpful.

You can also go back and repeat these questions… share with someone else and even have a similar conversation with a friend.

More Help

If someone needs urgent help, do not hesitate to call the crisis service, or in a life-threatening situation, call 111 immediately.

Helplines for children and young people

Free call or text **1737** any time to talk to a trained counsellor.

Healthline – help from a registered nurse 24/7 call 0800 611 116.

Youthline –

Free phone: 0800 376 633
free text: 234
email: talk@youthline.co.nz
online: chat https://www.youthline.co.nz

What's Up – 0800 942 8787, (for 5–18 year olds). Phone counselling is available Monday to Friday, 1pm–10pm and weekends, 3pm–10pm. Online chat is available 7pm–10pm daily.

Note: The information above provides a summary of many of the services and resources available to young people. It does not include services delivered locally or directly into schools, churches or DHBs.

Resources and support for all ages
Depression.org.nz – Free text number 4202

Talk to a trained counsellor or call:

The Depression helpline – 0800 111 757
Alcohol drug helpline – 0800 787 797
Gambling helpline – 0800 654 655
Lifeline – 0800 543 354
Samaritans – 0800 726 666

Hope

In the midst of

Change

Supporting Well-Being
Through Difficulties And Change

A Solution Focused Self-Help Resource by Matt Cameron

www.DiscoverSolutions.nz

Hope in the midst of Change

- An overview of the Solution Focused Approach
- Solution Focused assumptions
- Hope-filled Questions to ask yourself
- The Five C's to focus on
- Activities to enjoy
- The day after questions
- Where to get more help

Jesus said:

"Blessed are those who mourn,
for they shall be comforted."

Matthew 5:4

Animals • Cuddle your pet • Walk a dog • Listen to the birds • Visit a farm	**Read** • Reader favourite book • Read a new book • Read the newspaper • Read facts on a website	**Mind** • Daydream • Reflect • Think • Do breathing exercises	**Watch** • Watch a movie • Watch a TV show • Watch funny videos on YouTube
Create • Draw a picture • Paint a portrait • Take photos • Doodle/sketch • Organise photos • Make a photo album • Start a scrapbook • Finish a project • Do some sewing/knitting	**Plan** • Get up extra early • Make a "To Do" list • Tick something off your "To Do" list • Set a new goal • Create a budget • Make a five-year plan • Make a bucket list	**Clean** • Clean the house • Clean the bathroom • Clean your bedroom • Clean the fridge • Clean the oven • Clean your shoes • Do some washing up • Organise your workspace • Clean a cupboard	**Write** • Write a letter with compliments • Write a grateful letter • Make a thank you card • Write a journal/diary • Refine your CV • Start writing a book • Write a song • Write a poem
Express yourself • Laugh • Cry • Sing • Shout • Scream • Be still	**Be active** • Go for a walk • Go for a run • Go for a swim • Go cycling • Use and exercise video at home	**Self-care** • Take a bath • Take a long shower • Wash your hair • Trim your nails • Take a nap • Clean your ears	**Mend** • Repair something in the house • Repair your bike/car • Make something new • Decorate a room • Darn your socks
Cook • Cook a meal for yourself • Cook some extra meals for the freezer • Bake a cake/biscuits • Roast marshmallows • Try a new recipe	**Nature** • Do some gardening • Plant something new • Do some pruning • Mow the lawn • Pick some flowers • Go for a walk in the bush • Sit in the sun	**Music** • Listen to music you like • Find some new music to listen to • Listen to the radio • Make some music • Sing a song • Play an instrument	**Learn** • Learn something new • Learn a new skill • Watch a tutorial video • Start learning a new language • Listen to a informative podcast
Kindness • Help a friend or neighbour • Make a gift for someone • Do a random act of kindness • Do something nice for someone • Plan a surprise for someone • Make a list of things or people you are grateful for	**Connect with people** • Contact a friend • Joined a new group • Send a message to a friend • Write a letter/email to a friend • Connect with an old friend • Reach out to someone who could be lonely	**Try something new** • Try new food • Listen to new music • Watch something new on TV • Watched a new movie • Wear some new clothes • Read a new book • Do something spontaneous • Express yourself	**Spiritual** • Connect with a Christian group • Listen to an inspiring message • Read the Bible • Set time aside to pray • Do some study • Read or listen to a biography about someone great • Enjoy creation • Worship through song

Connection

There seems to be more connection and love during times of difficulty than when things are relatively calm. Part of applying the Solution Focused approach is understanding that things can be better and noticing what is better in the context of our everyday relationships. It is good to wonder what other people would notice in us as we find ourselves amplifying the good and taking small steps toward to better future.

Confidence

Confidence is one of the most common attributes that people notice is missing when big changes occur in their life. Being able to make decisions, initate conversations, go out to socialise, and even wanting to get out of bed and have something to look forward to are things that begin to happen when you notice confidence back in your life. What else would you notice?

Curiosity

A curious person is someone who looks forward with hope. They want to know more than what they can observe and are interested in other people. In particular, a curious person sees when someone looks down and asks the question, "do you want to talk about it?" A curious person is keen to find solutions to problems, and help others to find solutions also.

Creativity

Creative people are confident or desire to have more confidence. Using their creativity to draw, paint, create, and make things or fix things is helpful to take their mind off things that hinder their well-being. It is good to work alongside other people and draw others into a sense of community by being purposeful or productive. Creativity discovers solutions to problems, therefore increases hope within a person for something better.

Activities to stay occupied

An overview of the Solution Focused Approach

The Solution Focused approach is grounded in the reality that problems only exist in the context of "better". So, whenever we talk about problems, we can also talk about "something better." We believe that everything can improve.

The focus is on what IS working and what we want to improve rather than on the problem or issues that are upsetting. Asking questions about how things could be different then moving to how we can amplify possibilities.

Asking hope-filled questions like:

- *What success have I had in the past?*
- *What am I doing well already?*
- *What strengths do I possess that can be amplified going forward?*
- *How did I get through this difficulty last time?*
- *What did I do that helped?*
- *What strengths did I draw upon?*
- *What did I do that made a difference?*
- *What did I do to encourage others?*
- *How might I use my time better?*
- *When I get through this what will I be pleased to notice?*
- *What will I notice that tells me I have thrived through this time?*
- *What will others notice in me that would be a sign I have come through this difficulty?*

The power of Solution Focus Brief Therapy is that it encourages you to look at what you can do right now. It focuses on possibility not problems

There is no doubt that this could be a challenging time. But we can do it - we have done it before, and we can do it again!

A little change (for the better) is better than no change, or no change is better than things getting worse.

"*Rather than trying to understand and fix problems the Solution Focused approach works by exploring, in detail, a client's preferred future… and then identifying the possible resources and strengths the client has for attaining that future.*"
BRIEFER: a Solution Focused Practice manual, (2019) by Evan George, Chris Iveson and Harvey Ratner

Basic philosophy and assumptions of the Solution Focused Approach

1. People are unique
2. People have existing strengths and resilience
3. People are not defined by their problems
4. Change is happening all the time
5. Change is possible!
6. People are the experts on themselves and are able to define goals that really help
7. An emphasis is on what is possible and changeable
8. Everyone wants change and has a desire for things to be better. The fact that you are reading this resource shows an attitude that you could benefit from this.

Solution Focused
not
Problem solving

Solution Focused Assumptions

If it's not broken, don't fix it.
This means we do not need to change something that is already working.

If it works, do more of it.
Work On What Works (WOWW)… Solutions are occurring all around us so amplify success and focus on what is better.

If it's not working, do something different.
No matter how good a solution sounds, if it doesn't work, it's not a solution. So, if it's not working stop doing it or try something else.

Stirring up Hope and Expectancy

1. What are your Best Hopes moving forward? "What do you want?"
   a. If you had that, what difference would that make?
2. Describing the future reality of your Best Hopes
   a. What would you notice?
   b. What would others notice?
   c. What else? What else? What else?

Solution Focused Brief Therapy (SFBT) focuses on finding solutions and attends minimally to defining or understanding presenting problems or past issues.

Gratitude – making a list

Something that builds hope is gratitude. Think back over your past year and name 50 things that pleased you – 'wonderful things' or 'things you are grateful for' – even small things.

It could be broken into areas of your life. For example, 10 things that please you about your relationship with your children or your spouse or 10 things about your work, friendships, recreational life, hobbies, etc

6 C's of Well-being

When asked to identify risks of harm in individuals a list of 3 C's were identified as key to healthy well-being. Recognising the presence of these in your life is a good start and amplifying them increases positivity and resourcefulness. I have added 3 more C's that I look for in conversations.

Compassion

In times of community crisis or disaster, it is always amazing and inspiring to see the courage and response of individuals like you. Research tells us that when a crises occurs, communities band together to support and help each other. This has been seen, and research gathered during major earthquakes, tsunamis, shootings, hurricanes and fires that have devastated places around the world. Where ever there is a tragedy and hardship, you will find people working to comfort the afflicted, provide for crucial needs and help rebuild a better and more secure future.

Contribution

Being a contributor means looking out for others and taking action. Providing community support for those living alone and encouraging families and friends to check in is helpful. It is an attitude of, "We are all in this together." Asking, "What can I do to help?" demonstrates care for each other and there is a sense of otherness that is healthy and good. Noticing when others do good is also huge for your mental health.

A New Day and New Version of You

Imagine that tomorrow is a new start and the best version of you wakes up…

What are the first thoughts in your head that you would be pleased to have - because this is the best version of you showing up?
What time would it be?
How would you wake up, alarm or naturally?
What would you notice that would be different and pleasing?
What is the first thing you would notice about yourself as you enter this new day?

What else?... What else?... What else?...
What is different about you as you go about preparing for the day?
What do you notice about yourself that pleases you?
What else?... What else?... What else?...
Who is the first person you meet? (or pet)
What do they notice that would indicate this is the best version of you that has shown up today?
What else?... What else?... What else?...

Now when the day begins, what would be the first thing that you might say to yourself that would be good and pleasing?
And what next?
Who else would notice this change?

What is already in place that will contribute to the best version of you?
Is there a time you can remember when this best version of you was last present in your life?
What did you notice about yourself back then?
What else?... What else?... What else?...
What can you bring into the present or future that will help you now?
What else?... What else?... What else?...

Out of all your answers, which one have you heard that has offered you the most hope?

Hope filled Questions to ask yourself

When using this resource it is important to note that this is a self-help resource not a how-to guide. Questions are the main way to help you process information when applying the Solution Focused approach – it is a language-based approach. Listening to your answers is a way to sow seeds toward the reality of your best hopes. Make a list for each of these questions… Maybe, say them out loud.

> The thrust of the Solution Focused approach is simply asking questions that reveal your resourcefulness.
> What difference would that make?
> What would you notice?
> What would others notice?
> What else? What else? What else?

What are your Best Hopes going forward from here?
"When you wake up tomorrow and things are better, what is the first thing you would notice?"

Magic Moments
"What have I got going on in my life at the moment that I want to keep?"

Coping Questions

How do I cope with difficulties?
How have I coped in the past?
What keeps me going?

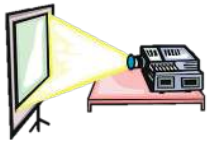
Who is my greatest support?
What do they do that is helpful?
What advice would they give me?

What do I do that stops the problem getting worse?
How do I do that?

What would I notice if the problem was gone?
What else?... What else?...
What would be there instead?
What else?... What else?...

What would others who are close to me notice when things are better?
What else?... What else?...

Activity Calendar

		1 Try a new recipe together 	2 Learn how to draw on YouTube 	3 Write a story 	4 Create your own game 	5 Colour together 
6 Learn to sew, knit, or crochet 	7 Paint together 	8 Play with a pet or soft toy 	9 Create or play a Boardgame 	10 Make a movie 	11 Have a talent show 	12 Learn a magic trick 
13 Build a hut 	14 Do a puzzle 	15 Do some exercise 	16 Read a book 	17 Go bike riding 	18 Have a big glass of water 	19 Make a card for a friend 
20 Play with Lego 	21 Watch a movie 	22 Call a friend 	23 Be grateful for 10 things 	24 Plan a holiday 	25 Go for a bike ride 	26 Check you are eating enough fruit and vegetables 
27 Enjoy a nice long shower 	28 Pray 	29 Plant a tree or some flowers 	30 Build something 	31 Look at some photos