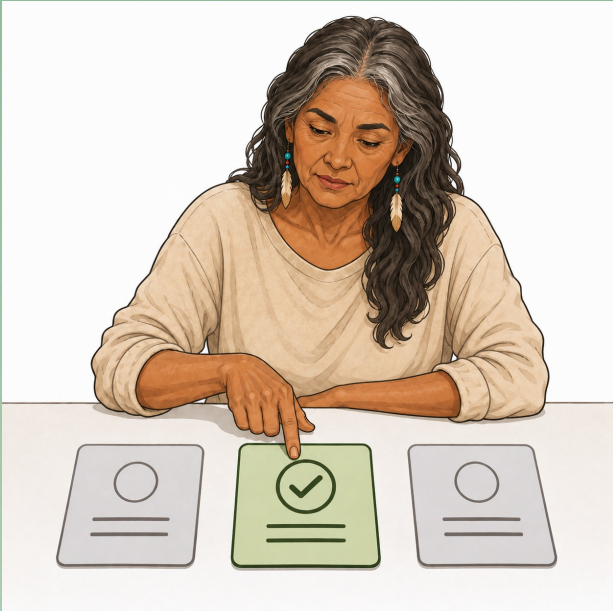


Problem-Solving & Planning



Choose One Next Step

Choose one small, manageable thing to focus on right now. Let that be enough for the moment.



Consider What You Need

Pause briefly and consider what might help right now, such as rest, water, information, more time, or support from someone else.



Put One Thing in Its Place

Choose one item and put it where it belongs. Completing one small action can help create a little order without needing to do more.



Ask for Help with One Part

If needed, ask someone to help with one specific part rather than trying to manage everything at once.