

## OVERCOMING CHRONIC FATIGUE

<b>PROBLEM SOLVING IN ACTION</b>	
<i>Problem definition</i>	
<i>Alternative solutions</i> (Think of at least three)	<i>Evaluation of alternative solutions</i> (What are possible outcomes of each alternative solution?)
1.	1.
2.	2.
3.	3.
4.	4.
<i>Decision on best solution</i>	
<i>Make a detailed plan</i>	
<i>Evaluation of plan</i>	