

Topic: Problem Solving

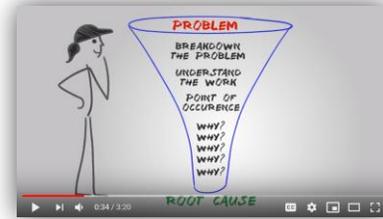
Breathe

Today's breathing activity are exercises to strengthen the mind. The set of simple exercises described in this work focuses on improving general well-being and supporting brain health. If you repeat this short finger workout on a daily basis, the stimulation traveling from your fingers directly to your brain will help to rejuvenate your body and make your brain more efficient.



Learn

One technique for solving problems is to get to the root cause using "The 5 Why's". Here's an overview:



And a cool, real world example from the Jefferson Memorial:



Move

Sometimes being in a space for creative solutions helps us move through problems. Let's do a little yoga to help our creativity flow freely!



Grow

The 5 Why's works great for solving relationship problems, just like technical work issues because it helps us uncover the root cause.

What is a family problem that can be investigated using the 5 Whys? *Why don't we eat dinner together? Why do we yell? Why do we get bored when we are stuck at home? Why do we only want to do electronics?*

