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Keywords: social support; coping strategies; self-esteem; depression

1. **Identify the problem.** What is the issue or challenge you are facing?
2. **Define the scope.** What are the boundaries of the problem? What are the key stakeholders involved?
3. **Research the problem.** What information do you need to understand the problem better? What resources are available to you?
4. **Generate ideas.** Brainstorm potential solutions. Consider different perspectives and approaches.
5. **Evaluate ideas.** Assess the feasibility, pros, and cons of each potential solution.
6. **Select a solution.** Choose the most promising solution based on your evaluation.
7. **Implement the solution.** Develop a plan of action and execute it.
8. **Monitor and evaluate.** Track the progress of the solution and assess its effectiveness.
9. **Reflect and learn.** What lessons did you learn from the process? How can you improve for the future?

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