



# Coping with change

“In a Nutshell”

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Some coping strategies are more appropriate for the work setting whilst others are best for at home. Be able to shift from work to home and vice versa.

## Coping at work:

- Get the facts – deal with reality.
- Assess the magnitude of change.
- Acknowledge where you are up to in the process of change – beginning, middle or end?
- Be creative; improve when needed.
- Look after yourself, change can be tough! Eat well, rest well and get enough sleep.
- Establish daily work goals.
- Be willing to retrain with new skills.
- Look at changes ahead and find positive ways of describing them.
- Repair/ enhance work relationships and improve communication.
- Recognise and eliminate survival mentality.
- Find sources of support at work.

## Coping away from work:

- Exercise or complete some physical activity.
- Nutrition – think about the food you are eating!
- Find meaning in your other life roles.
- Self-nurturing activities. Try and find some feel good activities.
- Spiritual connection.
- Socialising/ get support. Ask for help sooner rather than later – it is normal!

It is always good to ensure clarity/ understanding of the changes ahead by maintaining good communication in work i.e. knowing who to go to and ask questions. Use a ‘rumour board’ to deal with Chinese whispers and clarify any issues, often a true answer is ‘we have no decision on that yet’. Maintaining professional and respectful relationships in work at all times eases the path.