

## Coping with change as restrictions are adjusted

Everyone manages change differently, but for sure, we all manage better if we feel we have an idea of what is happening, that we are kept informed and that we hold some form of control over what we do and what we know.

The Coronavirus pandemic has brought about many changes to all aspects of our lives. We were given instructions about what we could and couldn't do and the majority of people followed these guidelines. There was (and still is) home working, using more technology to stay in touch with friends and family and more technology to enable us to do our work effectively. Many have struggled with such huge changes to our lives, over which we have had little control. However, many have thrived through this and continue to do so.

Change is now a day to day thing; we don't always have time to get our head around those changes and so, we need to dig deep to look at how we manage change and remember that we need to be adaptable, to take control and to draw on the resilience we have built up since March. Remember, that is it not how hard or badly we fall, it is about drawing on that resilience that we all have inside us to get up again.

### How to cope and manage change

Everyone deals and copes with change in different ways. There are however a number of things to bear in mind, which can help ease the anxieties of the constant changing and adapting environment we are currently in -

- **Understand that change happens:** Things will always be changing, whether that's current COVID-19 restrictions, or things in general life once we return to a sense of normality. By accepting that it happens it makes it easier to cope with, trying to avoid change only inspires anxiety when it does happen.
- **Anticipate change:** If you know or have a sense that something could change soon, be ready for it so it is not a surprise when it happens. Being able to accept that change happens helps you to deal with change when it does, being able to foresee that change coming so you're expecting it can help even more.
- **Adapt and change quickly:** When change happens it is important that you accept it and adapt to it. Being unwilling to accept the change, or refusing to admit it will result in you trying to hold on to the old ways, which won't make your life easier dealing with it. It is easier and better for you to try to accept it quickly and adapt accordingly.

- **Find a way to enjoy it:** Some changes can be more negative or positive than others, what is important is that you find a way to embrace and enjoy that change. Despite some changes being negative at the time, it is impossible to know what knock on effects that event might have on future opportunities, in the long run change could open more opportunities up for you, and you just wouldn't know it at the time.

## Summary

With the continued changing restrictions due to COVID-19, it is important that you stay up to date to give you as much knowledge to adapt as possible. You can do this by checking the government website for all the latest updates, information and guidelines in your area.

Change is inevitable, finding ways to better cope and adapt to change is important to help build our resilience. Some changes will be better or worse than others, but it is important to try to accept and adapt to it where you can and be open to the possibility that it could work out for you in the long run.

## More information

If you would like to view the Webinar on **'Coping with change as restrictions are adjusted'** this is being delivered live on **Wednesday 2<sup>nd</sup> December at 1pm**, please use the following link to register for this session –

<https://attendee.gotowebinar.com/register/6917989034565992463>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

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