

Change in the Workplace

The one thing that is constant is change. People are afraid and wary of change in their workplace, because it can have far-reaching implications on their lives.

Some of the reactions from individuals can be:

Feeling overwhelmed, stressed, frustrated and angry. They may feel a lack of motivation and uncertain about their adequacy and competence.

Coping mechanisms can include on the downside:

Paralysis – feeling numb, sabotage through feelings of resentment and discontent and deciding to leave.

An alternative and positive view:

In contrast, change can bring new opportunity, and self awareness and confidence for some, and also a renewed sense of loyalty.

It is important when we undergo change at work, that we keep it in perspective, and pay attention to our work/life balance. This is a time when you need to look after yourself, and spend lots of time with friends and family doing things you enjoy.

Work-related stress can have massive negative repercussions on people, and can be the cause of real medical ailments, so take change in your stride and seek the support of your colleagues, and managers.