Surviving Lockdown

MRS CARTLEDGE
Surviving lockdown….

Here we are, in June 2020

The Coronavirus disease (COVID-19) has taken over.
Managing change

Changes are inevitable; nothing stays the same

Nobody will function effectively without a capacity to plan and implement change.
What changes have taken place since the coronavirus disease?

What changes have you noticed in your life?

- Illness
- Stress and anxiety
- Changing friendships
- Isolation
- Hobbies
- Sleep
- Responsibilities
- Social media
You can categorise change.
Change can be sudden, difficult, exciting and even small.
What category of change have you experienced?
What kinds of feelings might you have when experiencing change?

- Anxiety
- Excitement
- Nervous
- Worry
- Panic
- Shock
- Denial
- Anger
- Fear
- Hope
- Relief
The change curve can help you understand how people react to change...everyone reacts differently.
The different stages of the change curve

Stage 1 – Shock and denial
The first reaction to change is usually shock. This initial shock is frequently short lived.

After the initial shock has passed, it is common for individuals to experience denial.

Common feelings include:
• being comfortable with the way things were
• feeling threatened
• fear of failure

Stage 2 – Anger and depression
After the feelings of shock and denial, anger is often the next stage. The lowest point of the curve comes when the anger begins to wear off and the realisation that the change is genuine hits.
The different stages of the change curve

Stage 3 – Acceptance and integration

After the darker emotions of the second stage, a more optimistic and enthusiastic mood begins to emerge. Individuals accept that change is inevitable, and begin to work with the changes rather than against them. Now come thoughts of:

- exciting new opportunities
- relief that the change has been survived
- impatience for the change to be complete

Feelings now include:

- acceptance
- hope
- trust

Everyone responds differently to change. Some people go through the stages while others may experience stage 3 if they are more accustomed to change.
Preparing for changes & challenges

How can we prepare ourselves for the different changes that may occur in our lives?
Top tips for managing change

1. Take care of yourself

- Managing change can be stressful if you are not prepared, so be sure to take care of yourself.
- Eat a balanced diet, exercise regularly and get enough sleep.
- Take time to relax.
- When you are healthy, you are better equipped and in a better frame of mind to handle anything.

2. Be open and flexible

- Be prepared that change can happen at any time.
- Try to adapt to what you are faced with.
- Think about all of your options before making decisions.
- Be prepared to step out of your comfort zone, even if it is only temporary.
3. Stay positive and put things in perspective
   • We all have the ability to control our inner and emotional responses to whatever happens.
   • Our attitudes towards it and how we choose to deal with it is totally up to us.
   • Look for the positive outcomes of change - there are always some.
   • How you react to change can often determine the outcome.
Top tips to managing change

4. Take control of your life
• You can manage change by taking control of your life.
• Ask yourself what can you do in advance to help prepare for the transition.
• Make a list of options and determine the best approaches.
• Take charge of your thoughts and actions.
• If you are mentally and psychologically prepared for change, it will not rock your world when it happens.