

## Coping with Change

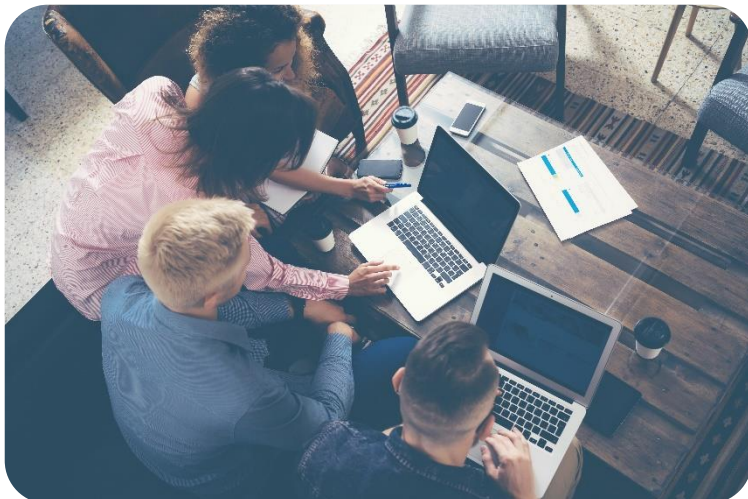
No matter how or why it happens, coping with a major work change and adjusting to a new role can be a challenging situation. Experiencing an adjustment in the workplace such as a business closure, is a form of loss and it can often come as a shock to the person on the receiving end. It is common to experience several emotional reactions such as shock, distress, anger and powerlessness. Be patient with yourself, it is important to give yourself time to process these feelings while adjusting to change and uncertainty. For many the distress will disappear over time.

Be mindful to stay socially connected, whether that be talking to family, friends or a mental health professional. It is important to be honest and open with your those close to you about what has happened. **If you find that your day to day functioning is being impacted, please consider reaching out to a mental health professional.**

## Managing Unexpected Change

It is important to make sense of unexpected change and recognize the loss and grief that it may bring. It can be difficult when regular routines suddenly disappear or shift. It may sound obvious, but remember to eat well, maintain regular sleep routines, socialise and engage in exercise.

Often people find change to be a motivating factor. Take time to explore what other opportunities and pathways might be available in this new position or role. Use this time to re-charge while also looking ahead and staying motivated.



## D'Accord OAS Employee Assistance Program

**D'Accord OAS provides professional and confidential counselling for personal and work-related problems.**

We provide face to face and telephone counselling during business hours or crisis telephone counselling 24 hours a day.

Our services are 100% confidential. Each session is run by qualified and experienced professionals who will tailor each session to your individual needs.

We provide a friendly and supportive environment with non-judgmental and unbiased counselling to all program users regardless of cultural and religious backgrounds.

**Your organization provide access to 1-hour counselling sessions to use either face to face or over the phone. These sessions are covered under the EAP.**

## Will anyone know that I've been to EAP?

No one from your organization will know that you have received counselling. No information about you will be disclosed to your employer or anyone else. If your clinician believes it would be beneficial to speak with someone about your situation, they will ask for your written permission before they do so.

***Our Psychologists and Counsellors are well equipped to assist people to come to terms with their situation and sensitively work with them to the stage where they have the tools and resources to adjust and cope with these changes.***

For free professional and confidential counselling please call us today on

**1300 130 130**

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[www.daccordoas.au](http://www.daccordoas.au)