

Customer version  
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# Coping with Change

## Coping with change in the workplace

Change in the workplace is often inevitable, but the impact it can have upon employees will differ so it is important to understand how you can support yourself and your team through periods of change.

## Managing through restructure and redundancy – managers

As a manager, you'll face some difficult tasks during a restructure, including delivering the news to affected members of your team. You'll also need to keep up momentum of work and sustain the morale of those who will remain in your team.

You need to juggle your own feelings while supporting your team and managing your workload, which make this an especially challenging time.



Use the following information and resources to support you when guiding your team through individual and organisational changes

- [Delivering the news that an employee has been made redundant](#)
- [Guiding your team through change](#)
- [Rebuilding employee morale following redundancy](#)
- [Managing emotions at work](#)

## When restructure impacts your role – employee

When organisations restructure, it's inevitable that some employees may be put at risk of redundancy. If you're in this position you might feel unsettled or nervous about the future. The thought of losing your job is difficult, but you can use the information and resources below to help you address your family, your financial or work-related concerns, and to help support you through periods of change.



Use the following links for further information and support on dealing with redundancy

- [The first days following a restructure or redundancy](#)
- [Telling family and friends that you've been made redundant](#)
- [Leaving and saying goodbye to colleagues when you've lost your job](#)
- [Strategies to deal with financial stress after redundancy](#)
- [Coping with job loss](#)
- [Effective job hunting after redundancy](#)

### What resources are available?



Use the following links to understand more on how to manage redundancy and change

- [How to cope with Redundancy](#)
  - Advice on speaking to loved ones, managing money, finding new work and mental health
- [Managing Change](#)
  - How to manage change before, during and after it affects your team
- [Money Advice](#)
  - Understanding problems with money and mental health
- [Redundancy Guides](#)
  - Information on redundancy for both employers and employees
- [Mental Health at Work gateway](#)
  - Resources, toolkits and case studies on mental health

### Useful Resources and Contacts

For help on coping with change, you can use the following resources:



**Visit Online:**

[Mind](#)

[Relate Live Chat](#)