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Bwrdd Iechyd Prifysgol  
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Swansea Bay University  
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Cymru  
Iach ar  
Waith

Healthy  
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Wales

Cymorth yn  
y Gwaith

In-Work  
Support



LLES DRWY WAITH  
WELLBEING THROUGH WORK

# Adapting to Change and Preparing for the Future

# Aims of this module

- To introduce the 'Stretch Zone'
- To explain the process of change
- To provide tips on managing difficult encounters
- To suggest ways of coping with worry
- To provide tips on planning for the future
- To offer suggestions for managing wellbeing
- To help with recognising early warning signs
- To provide links to more resources

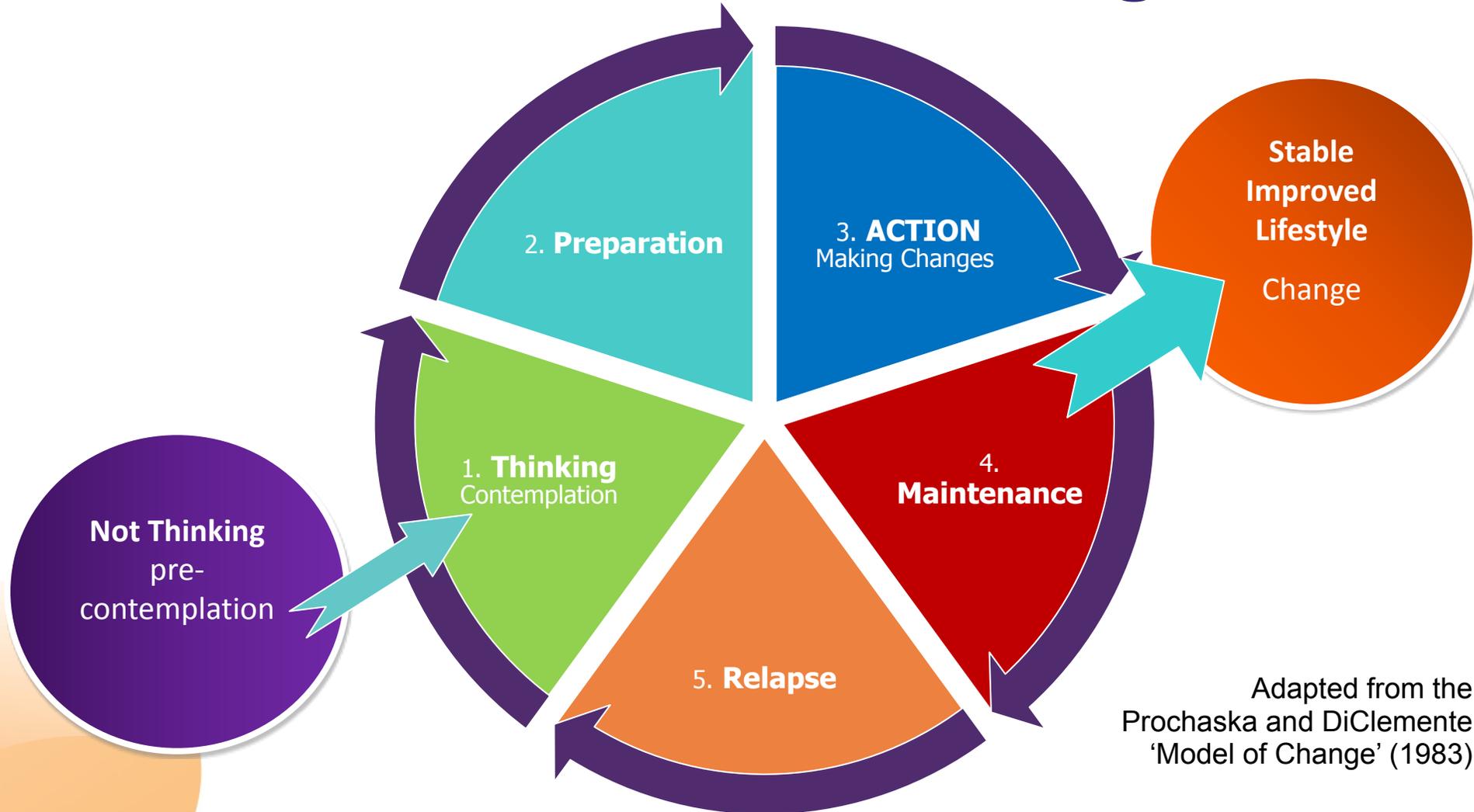


<https://www.wallpaperflare.com/game-characters-isolation-isolated-loneliness-away-team-wallpaper-gcula>

# The Stretch Zone



# The Process of Change



# Managing Difficult Encounters

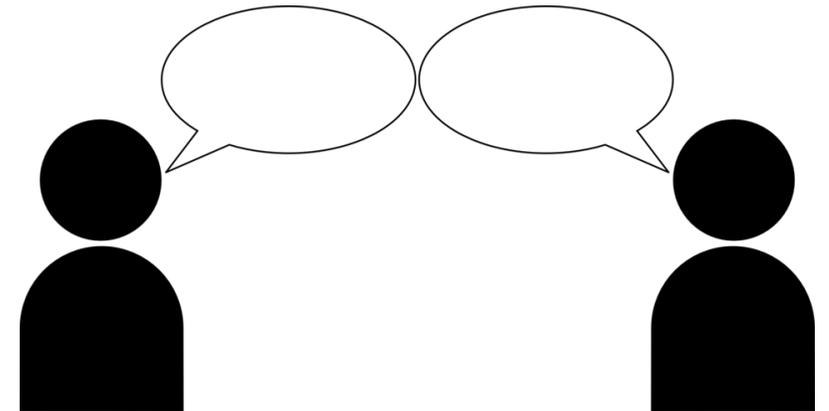
- As the lockdown eases and we start being around more people again, it may sometimes feel difficult. Try to bear the following things in mind:
  - We will all adapt in different ways, at different paces
  - People's behaviours may change from how they were previously
  - Try to be sensitive towards others – we don't really know what other people may be going through
  - At the same time, remember that we can't be responsible for the behaviour of other adults
  - Having **respectful**, honest discussions is usually better than storing up resentments

# Managing Difficult Encounters at work

- Be prepared for things to be different from how they used to be – for instance, people may no longer shake hands or hug
- Some colleagues may quickly adapt but others may react to the situation by becoming tearful or snappy – try to understand
- Ask trusted colleagues for advice about difficult situations and have regular meetings with a line manager if you can
- If you feel you are becoming annoyed or upset, step away from the situation, take a few moments to yourself and allow yourself time to calm

# Coping with worry

- Having to adapt and change can cause worry and anxiety
- Try to avoid overthinking and dwelling on things
- It can help to write worries down, to get them out of your head
- Have healthy conversations that aren't related to the pandemic
- Focus in the task in hand
- Allow yourself some treats and time for self-care
- Remember other people may feel the same, even if they aren't showing it



[http://www.publicdomainfiles.com/show\\_file.php?id=13526604611508](http://www.publicdomainfiles.com/show_file.php?id=13526604611508)

# Planning for the future

- We may need to accept that we have to adapt our plans in the face of our 'new normal'
- Try to set realistic, meaningful daily goals – this can help us regain a sense of control over our lives



<https://www.pickpik.com/park-maze-green-hedge-59765>

- Make a few longer-term plans too
- Use the next slide and a notebook to start planning

# Wellbeing goals

What beneficial changes could you make in the following areas?



# Early warning signs

## Early Warning Signs:

I'm letting people take advantage of me

I've started to avoid socialising

I'm withdrawing and not going out of the house as often

## Action plan:

I'll say 'no' when necessary

I'll continue seeing my family & friends

I'll go for a short walk or to the local shop

**“We cannot direct the winds but we can  
adjust the sails”**





## In Work Support service

The In-Work Support service provides individual, tailored support to help people with health conditions to keep working. You can access this support FREE as long as you are:

- Employed or self-employed AND
- Living or working in Swansea, Neath, Port Talbot or Bridgend

To access the service or to find out more call  
**01639 684568**

Our office is open 9am – 5pm Monday to Friday and outside those hours you can leave a message and we will call you back.

