**Factsheet**

Feelings of Change

| **Feelings associated with change at work** | **Feelings associated with emotion**  | **Can lead to …** | **Possible reasons for feelings**  |
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| Fear.(Generally relates to future expectations)  | * Uneasiness and apprehension.
* Anxiety.
* Worry.
* Restlessness.
* Feelings of panic and dread.
 | * Reduced self-confidence.
* Reduced self-esteem.
* Confusion.
 | * Uncertainty about future.
* Fear of redundancy.
* Fear of not coping.
* Fear of not being successful in a new position.
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| Anger.(Often relates to present situation)  | * Irritability.
* Frustration.
* Short temperedness.
* Increased arguments at home and work.
* Restlessness.
* Rage.
 | * Depression.
* Headaches.
* Stomach upsets.
* Sleeplessness.
* Increased blood pressure.
 | * Not being involved in decisions about change.
* Reduced status.
* Other people in control of the situation.
* Not knowing what is going on.
* Lack of control over situation.
* Reduced career prospects.
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| Sadness.(Can relate to the past or present situation).  | * Vulnerability.
* Hurt.
* Sensitivity.
* Tearfulness.
* Preoccupation with loss.
* Desolation.
 | * Depression.
* Feeling ‘flat’ and unenthusiastic about life.
 | * Loss of enjoyable aspects of our job.
* Not working with the same team.
* Not being recognised for the work we have done.
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| Joy.(Can relate to future expectations, present or past events).  | * Contentment.
* Happiness.
* Excitement.
* Euphoria.
* Elation.
 | * Unexpressed joy can lead to depression.
 | * Being able to do something different.
* Not having the stress of management.
* Being able to review career.
* Positive feedback from manager.
* Promotion.
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**References:** Adapted from resources developed by the Department of State Growth, Tasmania, 2015.