

Story 2 – After the dust has settled

Last week, I wrote about the first part of my redundancy journey and the initial shock at being told that redundancies were being made. After the initial phase of redundancies, how did I feel and what was my response?

When I reflect on this chapter, in many ways this was one of the most challenging periods. We were coming to terms with the fact that our team was now smaller and the dynamics within the office had changed. There was an added pressure to try and generate new work and there was a nervousness that pervaded the office, wondering whether another announcement was imminent. Every day seemed to bring new concerns and it was a constant topic of conversation within the office. For me, this was a good thing, as people were able to share their thoughts and use their colleagues as sounding boards to discuss issues and concerns that were on their mind. Our Directors also did what they could to reassure us but understandably, their focus was on trying to keep the business afloat and the workplace became a place of intense speculation. Every closed-doors meeting was scrutinised – what could they be discussing? What will they do next? What further cuts are coming? It was intense on a daily basis. And the other thing that occurred to me at that time was how fragile everyone was. With the prospect of a second phase of redundancies, everyone felt that they were vulnerable. “I will definitely be the next to go.....” was a regular comment and we were all very good at highlighting our perceived weaknesses and why we would be the next in line if and when phase two came along.

Nervousness pervades the workplace. This leads to stress and a constant stream of anxious thoughts. Colleague and peer support is vital, but there is also a range of other support available and **You’re Not Alone**.

- **Chaplaincy service**
<http://www.wpcscotland.co.uk/index.php>
<http://www.ukoilandgaschaplaincy.com/>
- **The Business Connection**
<http://thebusinessconnection.org/>
- **GP**
<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/workplace-stress.aspx>
Doctors are able to help you analyse the situation you are in and refer you to more specialised help where required.
- **Living Life to the Full**
www.lltff.com the award winning free access Living Life to the Full course, teaches key life skills that make a difference.