Fix "The operation cannot be performed because the message has been changed"

Many users report the error message "The operation cannot be performed because the message has been changed" on Outlook while connecting to Microsoft Office 365 Office 2021, Office 2019, When we receive an error message while sending or opening an email in Microsoft Outlook on web, see the cause and understand how to fix it.Resolve "The operation cannot be performed because the message has been changed"

The problem is a new bug in the recent Office update, and no amount of restarting, reinstalling, or repairing will fix it, so don't waste your time pursuing those options.

The only workaround is to

1. First, Copy your message
2. Next, Delete the draft
3. After that, Start a new message, and
4. Finally, paste in the content

https://www.officelivesupport.com/fix-error-message-operation-performed-message-changed/