Updating Workflow Design Breaks All Currently Active Processes

It seems that any time we update the workflow using the designer, all of our current processes break. The update can be something as simple as a name change on an activity.

At any given time we can have 20 or more processes running, and each of these can take several months to complete. Breaking all of them every time we access the workflow designer is a fairly major issue for us.

Has anyone else encountered this issue and is there an update or a workaround that addresses it?

Thank you