



WORK WISDOM

## Navigate the current job uncertainty



**Melanie Pritchard,**  
founder of **Melanie Pritchard**  
**Success Coaching**

More than ever, employers will be looking for standout people they want to retain. Although that might be a stressful reality, it means that there's an opportunity to really show your employer that you are a valued member of the organisation, and that you're the person who goes that extra mile. Now is the time to show resilience – even if you are struggling – and to stay calm under pressure. Make sure you are flexible, show initiative and bring new ideas based on your skill set. For example, if you're technologically-minded, you could add value to your organisation by introducing webinars. Putting forward problem-solving ideas, especially cost-effective ones, proves that you're someone they should keep.

If you're struggling with an increased workload and childcare, don't be afraid to be transparent

with your colleagues and also your family. If your partner isn't usually that hands-on with the childcare and you're taking on too much, communicate with each other in a constructive way so that you learn to manage both being a parent and your career. It's also essential that you're communicative with your colleagues so that you can establish boundaries. Remember that showing humanity and vulnerability is a great equaliser.

If you're without a job in this uncertain time, reach out specifically to recruiters. They have specialist market knowledge, so they'll know where there are/aren't jobs right now. Alternatively, make speculative applications to companies that interest you. When reaching out, make sure you express your passion for their company, how you can add value, why you're a good fit and then suggest a Skype call. A lot of employers have much more free time at present. Now is the time to capitalise on that.

DILEMMA OF THE WEEK

## How can I entertain the kids without a screen?



**Dawn Isaac,**  
author of  
**101 Things For Kids**  
**To Do Screen Free**

When you're juggling working and looking after kids in isolation, first you need to give yourself a break because you're doing the best you can in the current climate. It's hard! Second, you need to give them enough to do that they can entertain themselves without you constantly playing with them. Instead of handing them a device, use your imagination. I'm not anti screens but it's good to remind kids of how to play without them. Establish a set amount of screen time, like two or three hours. If you set it up in advance, eventually it stops being an argument.

With so many parcels getting delivered, there's a lot of cardboard around, so why not use this to make costumes? We've made a fabulous suit of armour and helmet. It's a really good exercise because it's obviously very easy and, in terms of construction, they learn how to layer things to give it more strength. All you need is PVA glue, a stapler and scissors and you can pretty much make anything.

Why not encourage them to open a café? Set them up on separate tables and they will spend a whole afternoon making menus, aprons, tea towels, prepping food and putting together a tips jar.

Masking tape is also excellent for kids. They can make racetracks over everything – up furniture, walls, across carpets – and they can build a town with roads. They can bring in their cars, toy houses or different figures. All you need to do is just pull it up later.

MENTAL HEALTH

## Keep calm and carry on



**Natasha Devon,**  
campaigner and  
author of **Yes**  
**You Can**

**Try not to speculate.** If you're feeling anxious already, it's likely that you'll imagine the worst-case scenario. But the truth is that none of us knows what's going to happen in the future, so take each day at a time, try and be mindful and stay in the moment.

**Get yourself a mindfulness app.** Headspace is currently offering free corona-related resources, including a section called 'weathering the storm'.

Meditation also allows you to stop being carried away with negative thoughts.

**People who have good mental health feel connected,** have a sense of community and people they can talk to. Even if our circumstances change, we need to try to recreate that structure. Maintain a routine by dividing up your day into manageable chunks and have something that you do in each chunk.

**Separate out the elements of technology** that make you feel more anxious from the ones that make you feel connected. Twitter is making me feel more anxious but Instagram – which is more picture-based – is making me feel more connected.

Need some expert advice on money, work or anything else? Let us know what you'd like to see on this page at [feedback@graziemagazine.co.uk](mailto:feedback@graziemagazine.co.uk)