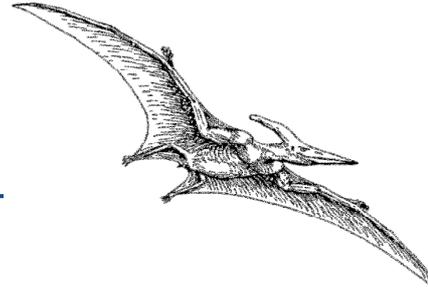


★ Random Aunty Spot

Anyone you know?



Dear Auntie Spot

Help! I fear I am becoming a dinosaur. Literally. Yesterday in a meeting at work I began to notice the skin on my hands becoming itchy and scaly and my fingernails turning brown and long instead of their usual manicured pink. Now when any of my colleagues approach me I open my mouth, only to emit a bone-jarring screech rather than the firm, clear and erudite responses I am accustomed to giving. Today I found it difficult to sip my morning latte with the ever-lengthening beak. Running to meetings proves difficult as workers scatter or dive under their desks to avoid the flapping, vein-covered wings that somehow magically have sprouted from my back. What is the cause of these distressing symptoms? Am I caught in some kind of Kafkaesque nightmare or is it ME?

We have had a lot of change at work recently, and the world is increasingly big and scary. My boss said I needed to be more “resilient” and needed to “get with it” using social media. It’s all very perplexing. Aaaarrrkkk!!

Terri Dacktyll

Dear Terri

How distressing to be experiencing the physical manifestations that you describe. You are certainly going through a difficult time.

I consulted my dear friend Prof Dee Velop, the palaeopsychologist, who had this to say:

The symptoms are temporary – you are not becoming a dinosaur! You are experiencing a form of dyna-morphosis triggered by environmental factors present at this time, which include increased competition for resources and higher than normal activity from neighbours. When these conditions exist, that which is usually fixed becomes flexible. Several forces act at once – high energy, rapid movement, remodelling – all contributing to a shift in habitat and lifestyle.

From a career perspective, you appear to be in a process of transition, a time of vulnerability and not knowing. You are questioning whether you can adapt to your new role. It is time to embrace new challenges, including new systems of communication.

The Prof and I both recommend that you take a break, a complete break. Go somewhere you feel energised. You will find that a sense of purpose returns, your new self emerges and you take new steps, your beak shrinks and your skin returns to its normal healthy glow.

Achieve spontaneity. Maintain connections – with or without technology. Enjoy yourself, laugh, have fun and use a good moisturiser.

Aunty