

# INTERPRETER TRAINERS LBG



[www.interpretertrainers.com](http://www.interpretertrainers.com)  
[info@interpretertrainers.com](mailto:info@interpretertrainers.com)

## Sustaining Interpreter Well-being

### *Practical Actions for Career Longevity*

#### 1. Establish a Self-Care Routine

- Take movement breaks during assignments
- Use portable lumbar support
- Stay hydrated and eat energy-sustaining snacks

#### 2. Build Peer Support Networks

- Join interpreter circles for debriefing
- Share stress management strategies
- Advocate for mentoring within NASLIG or GNAD

#### 3. Invest in Reflective Practice

- Keep a journal to process challenging assignments
- Use self-assessment tools to monitor growth
- Attend workshops on trauma-informed interpreting

DO YOU HAVE A THEME YOU ARE PASSIONATE ABOUT TO SHARE WITH THE TERP  
COMMUNITY, OR HAVE BEEN AFFECTED BY THE WORK... CONTACT US  
[info@interpretertrainers.com](mailto:info@interpretertrainers.com) and check our website [www.interpretertrainers.com](http://www.interpretertrainers.com)