



**University Psychology Clinics – minimal costs may apply**

**Griffith University:**

<https://www.griffith.edu.au/griffith-health/clinics>

**Mt Gravatt Campus**

p: 07 3735 3301

e: [psych-clinic@griffith.edu.au](mailto:psych-clinic@griffith.edu.au)

**Gold Coast Campus**

p: 1800 188 295

e: [ahreceptionteam@griffith.edu.au](mailto:ahreceptionteam@griffith.edu.au)

**QUT Health Clinic**

<http://www.healthclinics.qut.edu.au/>

p: 07 3138 0999

e: [ghcpsych@qut.edu.au](mailto:ghcpsych@qut.edu.au)

**UQ Psychology Clinic**

<https://clinic.psychology.uq.edu.au/>

p: 07 3365 6451

e: [psyclinic@psy.uq.edu.au](mailto:psyclinic@psy.uq.edu.au)

**Mobile Phone App - free**

**Insight timer:** A meditation app to help calm the mind. Available on the App Store or Google Play.

**Mobile Phone App – costs apply**

**Headspace:** A personal meditation guide right in your pocket. Download the Headspace app or sign in online. Available on the App Store or Google Play.

<http://www.headspace.com/>

**Training Programs – costs apply**

**Blue Knot Foundation:** Provides training on how to stay healthy and safe in working with people impacted by trauma.

<https://www.blueknot.org.au/>

P: 02 8920 3611

e: [trainingandservices@blueknot.org.au](mailto:trainingandservices@blueknot.org.au)

**Further Assistance**

**Workers' Compensation:** If you are experiencing burnout or have a work place injury in your employment, you may be eligible to claim workers compensation. Talk with your manager or HR for more information.

<https://www.qld.gov.au/jobs/entitlements-/compensation>

**In an emergency, if you feel at risk to yourself or someone else is at risk, call 000**

Developed by:

**Deafness and Mental Health Statewide Consultation Service**

[www.metrosouth.health.qld.gov.au/mental-health/services/deafness-and-mental-health](http://www.metrosouth.health.qld.gov.au/mental-health/services/deafness-and-mental-health)

P: (07) 3317 1080

E: [Deafness\\_MHS@health.qld.gov.au](mailto:Deafness_MHS@health.qld.gov.au)

Sign Language

Interpreters'

Self-care Kit

Interpreting can be very demanding work and interpreters could be susceptible to mental, emotional and physical problems due to the complexities of their work.



Do you feel emotionally drained and physically exhausted? Are your coping skills and resources adequate?

Auslan interpreters face a number of unique challenges in the workplace<sup>1</sup>.

The following information provides general and more specific suggestions on how to care for yourself as an interpreter.

### Here are some strategies to manage your self-care.

#### Caring for yourself

- Make time to eat healthy food.
- Have regular meal breaks.
- Develop regular sleep patterns.
- Drink plenty of water each day.
- Undertake regular stretching exercises.
- Book regular remedial massages.
- Seek medical treatment for ailments early.
- Minimise alcohol intake and avoid illicit drugs.
- Make time for regular physical activity.
- Know your own personal and professional limitations/boundaries.

#### Work-life balance

- Ensure you balance your work activities and personal life.
- Make time for family and friends.
- Read a book for pleasure.

- Practise mindfulness, meditation, yoga or guided relaxation to help you manage stress or difficult emotions.

#### Coping techniques at work

- Allow plenty of travel time between assignments to avoid rushing.
- Ask if there is a comfortable chair to sit in when interpreting/resting.
- Allocate interpreting times evenly with your peer interpreter.
- Prepare yourself with pre reading (if available).
- Make time to debrief before and after assignments.
- Switch off between jobs.
- Discuss challenges and ethical dilemmas with other interpreters.
- Speak with your manager regarding issues at work.

#### Why is self-care so important?

Self-care is essential for maintaining good health. By maintaining a good health regimen of self-care, the negative impacts of work-related stress such as emotional exhaustion, compassion fatigue and burnout are reduced<sup>2</sup>. Recognise, evaluate and address the negative impacts as best and as soon as you can.

There are several options available to you, if you need to seek further support in and outside your work environment.

Please see the list of options below.

#### Mental Health Support – costs may apply

**GP:** To rule out any physical health issues.

- Obtain a mental health care plan to access psychology/allied health support through Medicare.
- Discuss medication if necessary.

**1300 MH Call:** Mental Health Access line.

P: 1300 642 255 (24/7)

**Lifeline:** [www.lifeline.org.au/](http://www.lifeline.org.au/)

P: 13 11 14 (24/7) or

text 0477 13 11 14

#### Beyond Blue:

<https://www.beyondblue.org.au/>

P: 1300 22 4636 (24/7)

**Better Access Initiative:** Provides better access to mental health practitioners. Referrals can be made through your GP.

<https://www1.health.gov.au/internet/main/-publishing.nsf/Content/mental-ba-fact-prof>

#### Employee Assistance Programs

**(EAP):** Provides a confidential counselling service. Talk with your manager or HR Department to access EAP (if available).

1. Robyn K. Dean, Robert Q Pollard, Application of Demand-Control Theory to Sign Language Interpreting: Implications for Stress and Interpreter Training, *The Journal of Deaf Studies and Deaf Education*, Volume 6, Issue 1, January 2001, Pages 1–14, <https://doi.org/10.1093/deafed/6.1.1>

2. Hsieh E, Nicodemus B. Conceptualizing emotion in healthcare interpreting: A normative approach to interpreters' emotion work. *Patient Educ Couns* (2015), <http://dx.doi.org/10.1016/j.pec.2015.06.012>