



Minnesota Interpreter NEWSLETTER

FIVE IMPORTANT ELEMENTS FOR THE WELLBEING OF AN INTERPRETER

ADAPTED FROM THE BOOK WELL BEING -THE FIVE ESSENTIAL ELEMENTS

The daily tasks encountered by professionals nowadays are stressful, daunting, exhilarating, energy-draining, complex and exponentially growing in number on a regular basis.

Professional interpreters are not the exception of the rule. As the demands of our technological and professional lives increase, so does our sense of having to give up on something. And that is, that as professional interpreters we forget about the importance of maintaining the delicate balance of our lives. In the book *Well Being* there is a wonderful description of the five essential elements that one needs to maintain the checks and balances of a quality existence.

They do not allude to every detail of what's important in life. But they do represent five broad categories that are essential to most people. The elements are:

1. Our **Career Wellbeing** is about how we occupy our time or simply liking what we do every day: as interpreters we love and have passion for what we do.
2. Our **Social Wellbeing** is about having strong relationships and love in our lives: family, friends, support groups, etc.
3. Our **Financial Wellbeing** is about effectively managing our economic life: knowing when to look for financial advise, balancing spending.
4. Our **Physical Wellbeing** is about having good health and enough energy to get things done on a daily basis: our job deals with health and our own levels of energy.

5. Our **Community Wellbeing** is about the sense of engagement we have with the area where we live: being and feeling as a member of a community is crucial.

Based on on research done by Gallup, it was found that while 66% of people are doing well in at least one of these areas, *just 7% are thriving in all five*. If we're struggling in any one of these domains, as most of us are, it damages our wellbeing and wears on our daily life. When we strengthen our wellbeing in any of these areas, we will have better days, months, and decades. But we're not getting the most out of our lives unless we're living effectively in all five.

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Although these elements are universal across faiths, cultures, and nationalities, people take different paths to increasing their individual wellbeing. For many people, spirituality drives them in *all* these areas. Their faith is the most important facet of their lives, and it is the foundation of their daily efforts. For others, a deep mission, such as protecting the environment, or providing language access inspires us each day. While the things that motivate us differ greatly from one person to the next, the outcomes do not.

Let's balance these five essential elements and take care of ourselves!



Wrapping up the End of Year!

ISG will have its last 2011 membership meeting on December 8th, 2011, 6-9 pm, at Language Banc. There will be the annual election of the Board of Directors for 2012.

Not an ISG Member yet? It's never too late to join. Part of the benefits of joining ISG is to be able to give your voice a vote.

You may find more information at www.isgmidwest.org