

STRESS MANAGEMENT – the yellow group

- **FOR JURY/TEACHERS:**

- Introduce the jury members to the candidate, rather than the candidate to the jury members
- There is candidate stress and jury member stress. Try to keep them apart, and create a situation in which there is no overspill of one into the other. Having clear rules and procedures is a good start 😊
- Invite a pure client to come to class – this way the students can see that what they do actually “works” in the world out there.
- Organise mock exams, so that both the students, and (possibly) the jury get a feel for it
- Have a clock on display
- Ensure that the room has been well aired and that there is plenty of water, paper, pens and tissues in the room. A flower / small flower arrangement on the desk always helps break the tension, also to serve as a secret focal point, not in the face of the jury when doing consec.
- Suggest to candidates to go and “teach” in other classes, for other students. The change in perspective helps shift the focus from possible stage fright to feeling competent.
- Talk to the students about feedback, collegial support in and outside the booth, also share stories from own career, especially about bloopers, and how you got out of the pickle.

- **FOR STUDENTS:**

- Check out the venue/room in advance, if possible.
- Learn to monitor your own stress triggers and symptoms; detect them before you lose it
- Don’t stay in the company of negative people, don’t listen to moaners berating themselves or others. Don’t be a commiserator.
- Do what is best for you, to beat / handle your own specific stressors.
- Jogging, dancing, walking – do whatever enhances your performance in the booth.
- Gather and cultivate a sense of proportion, and activate it to put things into perspective, especially on a “bad” day.
- Accept that stress is part of the job, specific to it. Don’t fight it, work with it....dance with your adrenaline.
- Practice with people who are not your friends, perhaps whom you don’t even like. Get out of your comfort zone by choice – cause that’s what we do on a daily basis 😊 This also helps with getting better at switching between personal / professional mode.
- Pay attention to work – life balance. Even if you had all the time in the world to prepare, there is a time for everything. So: sleep enough, move enough, study AND allow time for the information / new skill to settle and be built in. Also, regularly “empty” your head.



- Don't study up to the last moment, last-minute information does not make it into the brain, especially not under stress.
- Do some arts and crafts that involve using both hands at the same time.
- Play a musical instrument or sing – both induces a connection between ratio and emotio.
- Practice some martial arts, aikido is excellent for getting beyond the ego and optimise focus and memory, awareness and resilience.
- Be aware of negative self-talk, pick up some NLP basics.
- Watch your posture. Stress and slumping in a chair can tighten muscles you did not know you had.
- Get to know some acupressure points for alleviating stress, headaches, anxiety.
- One of the best tools ever: the interpreter's diary. Don't wait until you are accredited, or even till you think you have now become "somebody". Use it every day when you work on your skill, have a section – log book - for taking notes on strategies, progresses, weaknesses...whatever you notice about your own performance. The other section – contracts - is for when you are working in the booth with a colleague. Keep track of whom you work with, the language combination used on the day, whether you had a retour, if anything special has happened on the day. Without giving too much information, indicate the field / vocabulary you have worked in/with.