Time to Relax

https://youtu.be/ss7EJ-PW2Uk
Replenishing The Interpreter’s Brain

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60 Second Breathing Exercise
Housekeeping/Ground

Rules

Confidentiality of what is said during workshop

Raise your hand via “participants”

or

Use chat room for questions directed at the two co-hosts

You are muted unless we unmute you

We will unmute you if you raise your hand and we have time to call on you.

Patience is appreciated as we have our first PTW via Zoom
Agenda

• Exercises to relax or refresh the brain and improve focus and functioning

• Basics of brain anatomy and physiology of relaxation and a pleasure response
Introductions

Please share on chat, if you would, what you are hoping to gain from today’s workshop.
Summary of Workshop

This experiential workshop will engage participants in brief and simple skill-building exercises to reduce stress, increase mindfulness and renew skills while illustrating simple aspects of the neurophysiology of the brain's changes during stressful experiences and during the exercises.
Goals and Objectives

1. Participants will gain transformative self care skills by engaging in mindfulness, therapeutic use of music, movement and other healing practices.

2. Participants will leave with an understanding of some of the changes in the brain during self care exercises.

3. Participants will gain an appreciation for the value of self care as it can improve their performance interpreting and their interpersonal relations.

4. Participants will leave this workshop with the resources helpful to begin their own transformative self care and performance improvement habits.
Debrief
(Explicit) knowledge, the amygdala seems involved with implicit, conditional emotional responses and the vivid recollection of emotional memories (Bechara et al., Buchanan et al., 2005; Labar & Cabeza, 2006).
Executive functioning
disengaged
more

Fight or flight
Engaged
more

arrow
Let's call it brain health—taking care of the interpreters tool.
In explicit (tactual) knowledge, the amygdala seems involved with implicit, conditioned emotional responses and the vivid recollection of emotional memories (Buchanan et al., 2005; Labar & Cabeza, 2006).
Body Scan
De-brief
60 second breathing
Check-in
HPA Dysfunction (too much stress)

- Amygdala Hyperactivity
- Prefrontal Cortex Degradation
- Chronic Stress
- Chronically Elevated Stress Hormones
- Cortisol
16 second breathing exercise
Dopamine
- Alertness
- Memory
- Cognition
- Working memory

Serotonin
- Pleasure
- Pain
- Relaxation
Qigong
check in- how are people doing
Supporting co-workers
60 second breathing
Get up!

https://youtu.be/qMglBwfhsN4
Gratitude
Tonglen Meditation
Handout
Take home messages
Closure