

## **Physical Self-Care for Interpreters**

Presented in ASL or English

2-4 hours, or can be broken up into two to four 1-1.5 hour sessions

Your body needs love too!! Come learn and practice techniques to care for your muscles and joints, decrease pain and inflammation, and improve circulation. You will create a personalized daily physical self-care plan to support your body after you leave.

Wear comfy clothes!! If you have them, bring:

- a mat or towel
- a spoon (yes, a spoon! Preferably metal or wood)
- a foam roller
- a tennis or lacrosse ball

### **Educational Objectives**

Participants will learn 5 key techniques for self-care of muscles and joints, decreased pain and increased circulation.

Participants will experience less muscle tension and deeper relaxation.

Participants will create a daily plan for improved physical self-care