

## **Wellness of Interpreters: Stress-Related Occupational Hazards and Possible Solutions**

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### **ABSTRACT**

This study focuses on the issue of mental well-being of interpreters. It aims to examine interpreters' current working conditions, particularly during COVID-19, and the measures being taken in protecting their mental wellness. The study is based on interviews with five interpreters from Jordan, China, Iraq, and U.S. Current findings show that interpreters' emotional, psychological, and physical concerns are being marginalized and neglected. To ensure the psychological well-being of interpreters, this study proposes possible methods from the perspective of training, self-care, and society.

**KEYWORDS:** compassion fatigue; interpreter; mental wellness; occupational burnout; vicarious trauma