

upporting and developing
professionals
worldwide



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Introduction

We all know that translation can be a lonely and stressful job. Most translators are self-employed, typically working alone, dealing with clients by email and often not speaking to anyone at work unless there is a problem, or even a crisis. Following our last year's Guide on Stress Management, and with the additional challenges of a worldwide pandemic, we asked members of the Translating Division Steering Group to tell us about their individual Recipes for Resilience in these difficult times of global health crisis and series of national lockdowns. In this guide, they are imparting us with their thoughts on the pandemic, how it has affected them privately and professionally and their coping strategies as well as some useful tips and words of wisdom.

Karine Chevalier-Watts
MCIL Chartered Linguist





“I certainly believe that it is through experience that I have developed my own capacity for resilience.”

Rachel Wingfield

MCIL Chartered Linguist
Freelance Translator and Language Tutor

Resilience is not something you are born with, but rather it is something that you learn and develop skills to become better at. At the same time, the capacity to effectively cope with, recover from and adapt to difficult situations differs from person to person,

The Covid-19 pandemic has been a source of stress and anxiety for many, including myself of course. As a coping mechanism, I have changed how I initially perceived the pandemic in order to decrease its emotional influence on me. I have also endeavoured to keep things in perspective, to stay calm and confident, and to be mindful of the positivity around me, especially when watching the news.

Finally, with the increase in home-working and the amount of time spent in front of a computer, I felt it was essential for me to set up a daily routine which included regular breaks from the screen, cooking healthy meals, doing some exercise – for example downloading new sports Apps as a fun incentive, and relaxation time of course. Last, but not least, staying connected with my family and friends, even when it sometimes means having yet another Zoom meeting, has been a blessing during the various lockdowns, as it has brought about some normality during what has been a very challenging year.



“I am a veteran of three consecutive lockdowns, so I am fully qualified to share my random lockdown memories.”

Natalia Racheyskova
MCIL Chartered Linguist

Lockdown 1

During the first two weeks we stayed at home, too scared to leave the house. Our first and timid venturing out was a short walk around the block. The passers-by were as scared as we were, and we tried not to breathe when we saw them. We went to the supermarket for a few weeks when we had consumed all our stock, so it was a bit of a relief to see the shelves full of food. Accidentally

Lockdown 3

Looks like “déjà vu” from the first lockdown. They say that lessons must be learned, and I’ve learned mine – substituting baking for dancing and longer walks.

The good thing is that all the neighbouring cats are still very friendly and recognise us from previous lockdowns.

I also resigned to the fact that my hair would grow much longer than during the first lockdown, and perfected my skills of cutting my own fringe.

During all three lockdowns I accumulated several types of masks with different layers of protection. By lockdown three, I learned to coordinate the colour of my mask (red, blue, black, beige) with the colour of my outfit. I even have my “Sunday best” mask made from Mulberry silk.

We are more resilient than we think we are. Sometimes the expectation of something terrible happening is more damaging to our physical and mental wellbeing than the event itself and all of us can vouch for that.

“If you believe that nothing bad is happening to you, then nothing bad is happening to you!”, providing you are washing and sanitising your hands, wearing a mask and keeping social distancing of two or more meters...







“I planned my work in blocks, reducing the number of projects and videocalls per day...”

Sandra Fernandes Tavares
MCIL Chartered Linguist
Portuguese & Spanish Translator/Interpreter

Working from home with a 3-year-old running around during the pandemic initially seemed

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