



## TIPS FOR REDUCING LANGUAGE ANXIETY

### Anxiety: The feeling of being very worried about something

When you hold too much anxiety, it is difficult for you to face challenging learning situations, but successful language learners know how to reduce tension in their bodies and minds. Using Anxiety reducing strategies can help you calm down and control your emotions so that learning can take place

### Try relaxation, deep breathing and meditation

Many of us hold too much tension in our bodies when we have to use a new language- we have to learn how to relax.

1. Lie or sit down. Loosen your clothes.
2. Massage your feet for 10 seconds, and move to your ankles, thighs, hips, lower back, up to your shoulders.
3. To keep this feeling, imagine a relaxing scene (like beach or forest) and breathe deeply and slowly.

### Listen to music

- Before a stressful language task, listen to your favorite music for 5 or 10 minutes. This can calm you down and make you feel more positive about studying
- Listen to music before class or on your way to school. Try to focus on releasing the tension from your body
- Dance or sing along the music!

### Have a good laugh

Have you heard of the saying “Laughter is the best medicine”? Before you do a stressful language task, you can release your tension by doing one of the following:

- Watch a comedy or a funny video on YouTube
- Read a funny story
- Ask your friend or teacher to tell you a joke, or tell a joke to someone

Also, you can always:

- Develop a playful attitude
- Sit /work with others who are positive thinkers

### Use your imagination

- Think of a beautiful, relaxing place. Close your eyes and imagine yourself there
- Imagine that place that makes you stressed or anxious. Imagine yourself there feeling calm confident and happy.

### Think positive thoughts

- Write down some words with positive associations. Look at the words when you are feeling anxious

Slightly adapted from Kato, S., & Mynard, J. (2016). *Reflective dialogue. Advising in language learning*. New York: Routledge (p. 53).