

LOWERING YOUR ANXIETY (I)

It is normal to feel anxious about using a new language. Learn about some ways to lower anxiety so that you have a positive experience.

In this activity you will:

- Learn about 3 strategies to lower anxiety
- Think about strategies you want to try
- Exchange ideas with friends

Activity adapted from:

Language Learning Strategies, What Every Teacher Should Know. Rebecca Oxford. Heinle 1990.

SALC

Self-Access Learning Centre, Kanda University of International Studies, Japan

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.

Three Strategies to Lower Anxiety

Strategy 1: 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 a beach or forest) and **BREATHE DEEPLY** and **SLOWLY** for a few minutes.
4. Feel all your tension disappear.

You can do this deep breathing activity anywhere, anytime.

- Recognize **WHEN** you are feeling stress and **WHY**, and do something to lower your anxiety level.
- Sometimes a little tension can give you energy to study harder, but if there is **TOO** much tension, this can cause you to perform poorly. Try to find a healthy balance!

Strategy 2: Try listening 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.
- Use the CDs in the SALC before class or listen to music on your way to school. Try to focus on releasing the tension from your body.

Strategy 3: 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:

- Watch a comedy in the SALC
- 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

Talk to others

1. **Talk to your friends. Ask them if/when they ever feel anxiety and exchange experiences and ideas.**
2. **Talk to a learning advisor if you want to talk more about your language anxiety.**

Reflection

1. **When do you feel tense or anxious?**
2. **Which strategies will you try during these times?**



Comments from your Learning Advisor

If you are not taking a SALC module, you can still talk to a learning advisor.

Make a reservation here: <http://elisalc.org/advisor>



Write answers to your advisor's questions.

