Serene

Learning a new language is challenging.
Don't get trapped in the **red** cycle!

Challenging Event

Test!!!

Finns talking fast puhekieli?

Monikko, partitiivi?

Helpful behaviors
Taking breaks to take care of yourself.
Organizing time to study
Trying again.
Finding fun ways to relate to the language

Helpful thoughts
It's a long process but I can do this.
I learn at my own pace.
I am heading in the right direction.

Unhelpful behaviors
Avoiding studying
Giving up
Studying so hard you hate studying

Unhelpful thoughts
I will never learn Finnish.
This is impossible.
I am no good at this.
Everyone else is learning faster than me.

Unhelpful emotional and physical reactions
Emotional: Anxiety, frustration, discouraged, anger, depression
Physical: Poor sleep, poor concentration, poor memory, muscle tension

Helpful emotional and physical reactions
Emotional: Calm, patient, encouraged, accepting, self-compassion
Physical: Good quality sleep, better concentration, better memory, relaxed muscles

To learn more efficiently and take care of your well-being, learn to

Embrace the **green** cycle!

Kielen opiskelu ja stressinhallinta / englanti

Serene

Embrace the green cycle

Notice your thoughts

Thoughts are what you say to yourself in your head like "This is impossible" or "This is hard, but I can do it." Our thoughts have a big effect on our actions. Which thoughts help and encourage you as you learn Finnish?

Three thoughts that help and encourage me:

1. _____
2. _____
3. _____

Notice your body

Language-learning isn't just about your brain. We learn better when we exercise regularly, sleep well, eat healthy foods, and stay well-hydrated. Taking care of your body is key to learning.

Three things I can do to care for my physical well-being:

1. _____
2. _____
3. _____

Notice your emotions

Unpleasant emotions *will* arise during the learning process . That's okay. All feelings come and go and no one feels "positive" all the time. When an unpleasant feeling shows up, acknowledge it. It can help to give it a name. For example, say to yourself "I notice a feeling of frustration." Then you can take a deep breath and have confidence that also *this* feeling will pass.

Three emotions I can expect to show up (and go away!) while I am learning Finnish:

1. _____
2. _____
3. _____

Notice your behavior

Do you respond to challenge by pushing so hard you feel miserable? Or do you put things off and avoid them? Which of your behaviors are helping you move forward and which are holding you back?

Three things I can *do* that help me learn:

1. _____
2. _____
3. _____