Serene

How do you say Relax in Finnish?

Did you know...

Stress affects learning

Stress can interfere with our

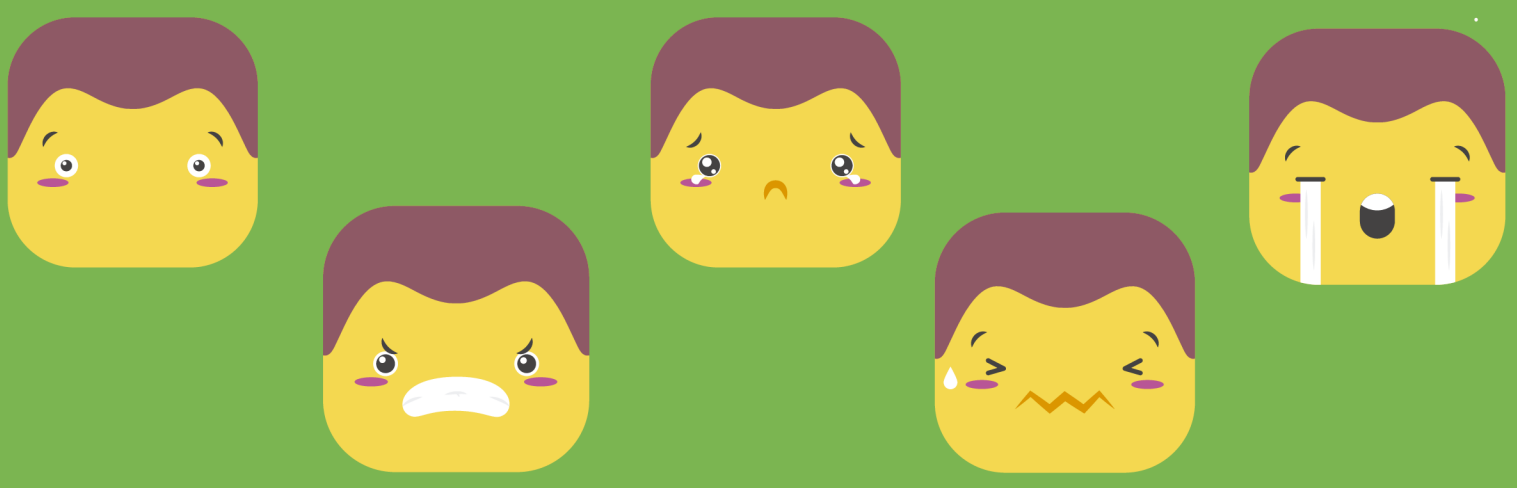
Memory and Concentration

both of which are essential to language learning!

But learning a new language can be stressful!

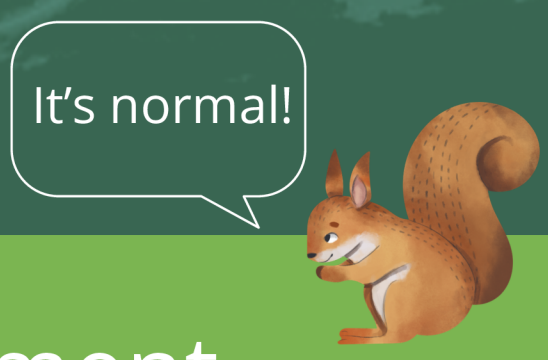
Apua!

Don’t panic but...



You can expect a range of stressful emotions to arise while you are learning a new language.

That’s why...



Stress management

is an essential part of the language learning process.

Serene

Relax

Give yourself a break

Regular relaxation makes you a better learner!
Don't wait until you're stressed out to take a break!
Make relaxation part of your daily routine.
See below for ideas on how to relax!

Practice relaxation

Deep breathing
Listen to relaxing music
Listen to nature sounds (rain, birdsong)
Guided relaxation exercises

Move

Walk in nature
Gentle stretching
Jogging
Lift weights
Give yourself a massage
Dance
Swim
Try asahi or yoga

Create

Adult coloring book
Draw or paint
Knit or crochet
Write a poem
Write a short story
Cook a meal
Bake

Enjoy

Play a game
Call a friend
Care for a plant or animal
Take a shower, bath, or sauna
Keep a gratitude journal
Do a puzzle
Write a letter
Sing
Read a book

Find ways to have fun... in Finnish

We learn better when we enjoy learning!
Read Finnish children's books
Watch Finnish TV show or movies
Listen to Finnish music
Play games in Finnish

Opi kieltä ja rentoudu / englanti