

How do you say

Relax

in Finnish?



Did you know...

Stress affects learning



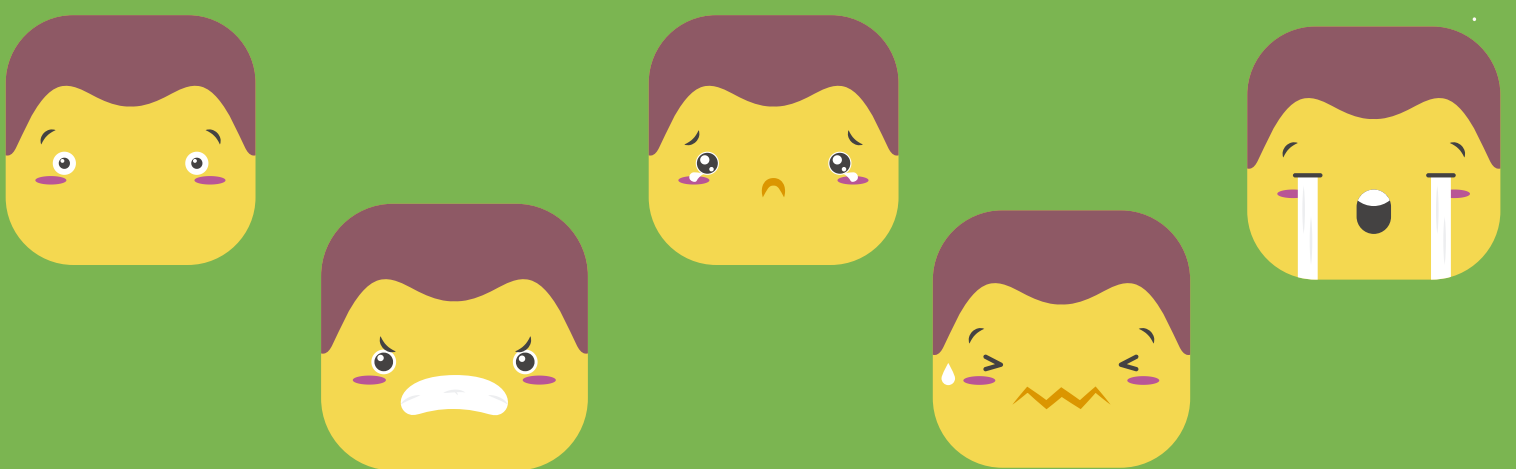
Stress can interfere with our

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...

It's normal!



Stress management

is an essential part of the language learning process.

Relax



Give yourself a break

Regular relaxation makes you a better learner!
Don't wait til 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: [goog.gl/WEKK2Y](https://www.google.com/search?q=goog.gl/WEKK2Y)



Move



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

Create

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



Enjoy



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

Find ways to have fun... in Finnish

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

