

DIRECT STRATEGIES: SPEAKING

STRATEGY GROUP: Affective

STRATEGY SET: Lowering your anxiety
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STRATEGY: Using progressive relaxation, deep breathing, or meditation
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These techniques are all effective anxiety reducers, according to scientific biofeedback research. Progressive relaxation involves alternately tensing and relaxing all the major muscles groups, one at a time. Deep breathing is often an accompaniment to progressive relaxation. This simple fact brings greater calmness almost immediately. Meditation means focusing on a mental image or sound to center one's thoughts, and it, too, helps to reduce the anxiety that often dogs language learners. A few minutes of relaxation in the classroom or at home using progressive relaxation, deep breathing, or meditation will keep students accomplish their tasks more peacefully and more efficiently.