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The **Podcast** That Will Help You **Speak** English Fluently.
With No Grammar and No Textbooks!

Episode #274

Healthy lifestyle
-Stress Management -

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Hey there, everyone! If you're new here, welcome to our podcast family! 🎙️

I'm Georgiana, your English teacher, and a language learner just like you. I believe that learning should be fun and easy.

With my exclusive method I've helped many people worldwide speak English fluently without using grammar or textbooks.

Yes, you heard that correctly! It's time to say goodbye to those boring grammar books.

How can you do it? Well, I'll tell you a short story twice, and each time, I'll change the tense or whether it's singular or plural. This way, you can learn by comparing these changes in the context of the story.

But first, our main topic today is **stress management** because, let's admit it – learning a new language can be quite overwhelming.

Don't worry, I'm here to help. I'm going to share some really helpful **tips to make learning a new language less stressful**.

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Ok, let's start with some useful **tips on how to manage stress**:

#1 Breathe deeply: When stressed, pause and focus on your breath. Inhale slowly through your nose,

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letting your lungs fill with air, and then exhale slowly through your mouth. This simple breathing exercise can quickly calm your nerves and help you relax.

#2 Stay Organized: Try making a list to manage your tasks and **reduce stress**. Write down what you need to do, prioritizing the most important things. This organized approach helps you use your time and resources effectively.

#3 Exercise Regularly: **Physical activity** is a great **stress reliever**. Make it a habit to move your body regularly. You don't need intense workouts; even a short walk or simple stretches can make a big difference. Exercise releases endorphins, which naturally boost your mood and reduce stress.

#4 Talk to Someone: Sharing your worries with someone you trust can be really helpful. Reach out to a friend, family member, or teacher. A supportive conversation can give you emotional relief and a fresh perspective on your stress.

#5 Get Good Sleep: Try getting 7-9 hours of quality sleep each night. **Sleep** is crucial for your physical and mental well-being. It allows your body and mind to recover, **making it easier to handle stress** when you're **well-rested**.

#6 Enjoy Hobbies: Do things you love that bring you joy and relaxation. Whether reading, painting, playing music, gardening, or any other hobby, spending time on these interests can help you unwind and find peace.

#7 Limit Screen Time: You should reduce your **screen time**, especially **before bedtime** since it can disrupt your sleep and **add to stress**.

#8 Laugh More: Seek out humor in your life. Watch funny videos, read jokes, or spend time with people who make you laugh. Just like exercise, laughter releases endorphins and boosts your sense of well-being.

Great! That's all for now! I hope you found this topic helpful.

Let's continue with a Point-of-View Lesson.

POV-Story

(Learn grammar in context)

I will tell you the same story twice. So make sure to focus on the changes.

You can find these techniques fully implemented in my [premium courses](#).



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Okay! Let's start!

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Emily, an English student, felt overwhelmed. Her English classes, part-time job, and personal matters left her stressed. She often turned to chocolate for comfort.

One day, she spotted a poster that read, "Join Our Fun Comedy Group!" Curious, she thought, "I could be funny," and decided to give it a try.

Emily's comedy venture was amusing. She learned to tell jokes from Coach Chuckles, a retired clown. Her jokes revolved around learning English and how to lead a healthy lifestyle.

At rehearsals, laughter echoed. Her fellow comedians were diverse, from a humorous juggler to a chatty puppet.

On her first night, Emily stepped onto the stage. People laughed loudly, and her stress started to disappear.

Emily's humor also inspired healthier lives. Her jokes encouraged better eating habits and regular exercise.

Emily found a unique way to tackle stress – making people laugh and promoting health. Comedy became her refuge, making life happier. She discovered that laughter could ease stress and inspire a healthier lifestyle.

In the Future Tense:

Hi! I am an English student and I will feel overwhelmed. My English classes, part-time job, and personal matters will leave me

stressed. I will often turn to chocolate for comfort.

One day, I will spot a poster that will read, "Join Our Fun Comedy Group!" Curious, I will think, "I could be funny," and try it.

My comedy venture will be amusing. I will learn to tell jokes from Coach Chuckles, a retired clown. My jokes will revolve around learning English and how to lead a healthy lifestyle.

At rehearsals, laughter will echo. My fellow comedians will be diverse, from a humorous juggler to a chatty puppet.

On my first night, I will take the stage. People will laugh loudly, and my stress will disappear. My humor will also inspire healthier lives. My jokes will encourage better eating habits and regular exercise.

I will find a unique way to tackle stress – making people laugh and promoting health. Comedy will become my refuge, making my life happier. I will discover that laughter can ease stress and inspire a healthier lifestyle.

Great! I like these kinds of stories because they're easy to remember and help a lot with learning English. Humor also makes learning more enjoyable. You can find this method in my [premium courses](#)—take a look!

Visit SpeakEnglishPodcast.com/courses, to get my [premium courses](#). They are designed for **learning by listening**.



Also, if you want to help me, share the podcast with your friends and family. That would mean a lot. Thanks.

See you soon!

Bye! Bye!



Georgiana

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