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### Episode #344

How to Stay Calm and Aware  
While Speaking English

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In today's episode, I want to talk about a very helpful idea for your English and your life. **How to be more aware when Speaking English?**

Let's learn why:

 **Being aware helps you feel more confident.**

Hi! I'm Georgiana, and I'm back with a new episode of the *Speak English Now* podcast—the podcast that helps you speak English fluently, with no grammar and no textbooks.

Before we start, get the transcript at [SpeakEnglishPodcast.com/podcast](https://SpeakEnglishPodcast.com/podcast)

And if you like this episode, please share it with your friends. Thank you!

Great! Let's start!

 **What does “being aware” mean?**

Being aware means that you notice what is happening —**inside of you** and **around you**.

You stop and ask:

- “How do I feel right now?”
- “What is my body doing?”
- “Am I breathing fast or slow?”
- “Am I nervous, or tired, or relaxed?”




Most people never ask these questions.

They feel nervous or scared, and they don't even notice.

They just react quickly. They don't stop. They don't breathe.

But when you stop for a moment—just one moment—and notice what's happening...

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-  You feel more calm.
-  You feel more clear.
-  You feel more confident.

### Why is this important?

Let's say you're in a conversation. Maybe it's a work meeting. Or maybe someone asks you a question in English.

You want to answer. But suddenly, you feel strange. You feel nervous. And don't know why.

Maybe your hands feel cold.

Maybe your heart beats faster.

Maybe your voice shakes a little.

That's okay. It's normal. You're not doing anything wrong.

But here's the problem: You're not aware.

### **So, what can you do?**

You can stop... and say to yourself:

"Okay... I feel nervous. That's normal. But I can take a breath. I can stay calm. I am in control."

And you breathe slowly—**in... and out.**

In this small moment, something changes.

You feel more calm. You feel more clear.

You are not reacting anymore. You are choosing your next step.

That is called **being aware.**

And the best part?

When you are aware—you are in control.

### Breathe and Be in Control

Breathing is the first step.

When you feel nervous or scared or confused, your breath becomes fast and shallow.

So before you speak English, or before you answer someone, stop for one second and do this:

1. Take a slow breath in... and breathe out.
2. Relax your shoulders.
3. Say in your mind:

“I’m okay. I can do this. I’m in control.”

This gives your brain a message:

“I don’t need to panic. I can speak. I can listen. I can respond.”

And this helps you become more **confident**—in English and in life.


### Confidence is not being perfect


Many people think confidence means “no fear.”

But real confidence is not about being perfect.

It’s not about being the best.

It’s not about speaking fast.

 Real confidence is staying calm—even when you feel nervous.

 Real confidence is taking a breath and remembering:

“I am aware. I am calm. I am in control.”

Even when your voice shakes, even when you make mistakes—if you stay calm, and aware, you are already winning.

Now, let’s practice with a **mini-story**.

# Mini-Story

(Practice your speaking)

*Raven had just started a new job at a company in Dublin. She didn't know many people yet, and everything felt new and unfamiliar.*

**Did Raven work at her old job?**

No. She had just started a new job.

**Was she in Madrid or Dublin?**

In Dublin. She was working in Dublin.

**Did she know many people?**

No. She didn't know many people.

**Did everything feel normal and comfortable?**

No. Everything felt new and unfamiliar.

*During her first week, the team had a group lunch. While everyone laughed and talked, Raven stayed quiet. She didn't want to say the wrong thing in English.*

**Was the group having a meeting?**

No. They were having lunch.

**Was Raven talking a lot?**

No. She stayed quiet.

**Why didn't she speak much?**

Because she didn't want to say the wrong thing in English.

**Was everyone serious and silent?**

No. Everyone else was laughing and talking.

*After lunch, one of her coworkers said, "You're very quiet. Are you okay?" Raven smiled and said, "I'm just a little shy in English."*

**Did her coworker ignore her?**

No. He didn't ignore her. He talked to her.

**Did Raven say she was shy or sleepy?**

She said she was shy in English.

**Did she smile or frown?**

She didn't frown. She smiled.

*Later that day, Raven thought: "I want to speak up. I want to join the conversation next time." She took a deep breath and made a plan.*

**Did she want to stay silent forever?**

No. She wanted to speak up.

**Did she take a deep breath?**

Yes. She took a deep breath.

**What did she decide to do?**

She decided to join the conversation next time.

*The next morning, Raven arrived a little early. She said good morning to her coworkers with a big smile. People smiled back and started chatting with her.*

**Did she arrive late or early?**

Early. She arrived early.

**Did she say good night or good morning?**

She said good morning. She didn't say good night.

**Did people ignore her?**

No. They didn't ignore her. They smiled and chatted with her.

*That evening, Raven felt proud. She hadn't spoken perfectly, but she had spoken. She had taken a breath, stayed calm, and tried.*

**Did she feel embarrassed?**

No, no. She didn't feel embarrassed. She felt proud.

**Was her English perfect?**

No. But that was okay—she still spoke.

**What helped her speak?**

She took a breath, stayed calm, and tried.

*The next week, her manager asked, "Can you share your idea at the next meeting?"*

*Raven smiled and said, "Yes, I'd be happy to."*

**Did the manager ask her to leave early?**

No. He asked her to share an idea at a meeting.

**Did Raven panic?**

No. She smiled and said yes.

**Was she ready to speak up now?**

Yes. She was ready to speak up with confidence.



Well done!

In this story, Raven learned that she didn't need to be perfect. She just needed to stop, breathe, and try. Each time she spoke, she felt a little more confident. And you can too.

Just remember:

Be aware. Breathe. You are in control.

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