

VOCABULARY · EPISODE 40

Day 2 of Calm English

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to breathe deeply**respirar profundamente · tomar una respiración honda**

DEF

to take long, slow breaths that fill the lungs fully — used as both a physical act and a metaphor for taking time and space before reacting

Breathe deeply is literal and metaphorical — before a difficult conversation, before a test, before any nervous moment. English learners who breathe deeply before speaking find more words.

ES

Hacer respiraciones largas y lentas que llenan los pulmones completamente — usado como acto físico y metáfora.

Es literal y metafórico — antes de una conversación difícil, antes de un examen.

Before you answer in English, breathe deeply — the words will come.

Before you answer in English, breathe deeply — the words will come. -> Antes de responder en inglés, respira profundamente — las palabras vendrán.

She told herself to breathe deeply whenever she felt overwhelmed by a long text.

She told herself to breathe deeply whenever she felt overwhelmed by a long text. -> Se decía que tomara una respiración honda cada vez que se sentía abrumada por un texto largo.

2

to let go of**soltar · dejar ir**

DEF

to release something you have been holding onto — physically, emotionally, or mentally; to stop trying to control or keep something

Letting go is one of the most powerful concepts in English — used for relationships, grudges, stress, and also for perfectionism in language learning. Learners who let go of mistakes make faster progress.

ES

Soltar algo a lo que te has estado aferrando — físicamente, emocionalmente o mentalmente.

Uno de los conceptos más poderosos en inglés — usado para relaciones, rencores, estrés y también el perfeccionismo.

Let go of the need to understand every single word — trust the overall meaning.

Let go of the need to understand every single word. -> Suelta la necesidad de entender cada palabra.

The hardest part of learning English is letting go of the fear of making mistakes.

The hardest part of learning English is letting go of the fear of making mistakes. -> La parte más difícil de aprender inglés es dejar ir el miedo a cometer errores.

3

at your own pace

a tu propio ritmo · sin prisa, a tu manera

DEF

at the speed that is comfortable and natural for you, without pressure to match anyone else's rhythm or timeline

At your own pace is liberating — it removes the comparison trap. In language learning, going at your own pace is not slow; it is sustainable. Fast learners often plateau while steady learners keep growing.

ES

A la velocidad que es cómoda y natural para ti, sin presión de coincidir con el ritmo o calendario de nadie más.

Es liberador — elimina la trampa de la comparación.

There is no race here — work through the material at your own pace.

There is no race here — work through the material at your own pace. -> No hay ninguna carrera aquí — trabaja el material a tu propio ritmo.

Learning English at your own pace means you actually enjoy the journey, not just tolerate it.

Learning English at your own pace means you actually enjoy the journey. -> Aprender inglés a tu propio ritmo significa que disfrutas realmente el viaje.

4

to check your breathing

controlar tu respiración · revisar y regular cómo respiras

DEF

to become aware of how you are breathing and to consciously slow it down when you feel tense

Breathing is the most direct way to manage anxiety in speaking situations. Checking your breathing means noticing whether it is shallow and fast (stress) or slow and deep (calm). One conscious breath can reset your speaking mode entirely.

ES

Tomar conciencia de cómo estás respirando y reducirlo conscientemente cuando te sientes tenso.

La forma más directa de gestionar la ansiedad en situaciones de habla. Un respiro consciente puede resetear completamente tu modo de hablar.

Before a difficult English conversation, check your breathing — if it is shallow, slow it down deliberately.

Before a difficult English conversation, check your breathing — if it is shallow, slow it down deliberately. -> Antes de una conversación difícil en inglés, controla tu respiración — si es superficial, redúcela deliberadamente.

She used to rush straight into speaking, but once she learned to check her breathing first, everything became calmer.

She used to rush straight into speaking, but once she learned to check her breathing first, everything became calmer. -> Solía lanzarse directamente a hablar, pero una vez que aprendió a revisar y regular cómo respiraba primero, todo se volvió más calmado.

5

to be patient with yourself

ser paciente contigo mismo · darte tiempo sin presionarte

DEF

to allow yourself the time and space to improve without harsh self-criticism or unrealistic expectations

Being patient with yourself is the emotional intelligence skill that prevents burnout and self-sabotage.

Language learning takes months and years. Impatience does not speed it up; it creates anxiety, which slows it down. Patience is a learning strategy, not a weakness.

ES

Permitirte el tiempo y el espacio para mejorar sin autocrítica severa ni expectativas poco realistas.

La habilidad de inteligencia emocional que previene el burnout. El aprendizaje de idiomas lleva meses y años — la impaciencia no lo acelera.

Be patient with yourself — every expert was once a beginner who refused to give up.

Be patient with yourself — every expert was once a beginner who refused to give up. -> Sé paciente contigo mismo — cada experto fue una vez un principiante que se negó a rendirse.

She learned to be patient with herself after years of self-criticism, and her progress actually accelerated.

She learned to be patient with herself after years of self-criticism, and her progress actually accelerated. -> Aprendió a darse tiempo sin presionarse después de años de autocrítica, y su progreso en realidad se aceleró.

6

to honour the process

honrar el proceso · respetar el camino de aprendizaje en sí mismo

DEF

to respect and value the learning journey itself, not just focus on the end result

Honour the process is a mindset shift — from outcome obsession to process appreciation. Language learning is made of thousands of small moments. Honouring each one — each word, each conversation, each mistake — is the only way to sustain it long-term.

ES

Respetar y valorar el propio camino de aprendizaje, no solo centrarse en el resultado final.

Un cambio de mentalidad — de la obsesión por los resultados a la apreciación del proceso. Honrar cada momento es la única forma de sostenerlo a largo plazo.

Honour the process — the days you study without seeing progress are exactly when growth is happening.

Honour the process — the days you study without seeing progress are exactly when growth is happening. -> Honra el proceso — los días que estudias sin ver progreso son exactamente cuando está ocurriendo el crecimiento.

She stopped chasing fluency and started honouring the process, and strangely, fluency came much faster.

She stopped chasing fluency and started honouring the process, and strangely, fluency came much faster. -> Dejó de perseguir la fluidez y empezó a respetar el camino de aprendizaje en sí mismo, y extrañamente, la fluidez llegó mucho más rápido.

7 in your own time

a tu propio ritmo · sin prisa y en tu propio tiempo

DEF

without being rushed by others — at a pace that feels natural and comfortable for you

In your own time is a very British and polite way of giving someone permission to go at their own pace. It is reassuring and respectful. In English learning, everything should happen in your own time — comparison with others is the enemy of peace.

ES

Sin ser apresurado por otros — a un ritmo que se siente natural y cómodo para ti.

Muy británico y educado — da a alguien permiso para ir a su propio ritmo. Tranquilizador y respetuoso.

Do not rush — in your own time, the English will come.

Do not rush — in your own time, the English will come. -> No te apresures — a tu propio ritmo, el inglés llegará.

Her teacher always said 'in your own time' and she found those three words reduced her anxiety enormously.

Her teacher always said 'in your own time' and she found those three words reduced her anxiety enormously. -> Su profesora siempre decía 'a tu propio ritmo' y descubrió que esas tres palabras reducían enormemente su ansiedad.

8 to surrender to the moment

rendirse al momento · entregarse plenamente al momento presente

DEF

to stop fighting against the present experience and allow yourself to fully be in it

Surrender to the moment is the deepest form of acceptance — not passive resignation, but active release of resistance. In an English conversation, surrendering to the moment means stopping the internal editor and simply being present in the exchange.

ES

Dejar de luchar contra la experiencia presente y permitirte estar plenamente en ella.

La forma más profunda de aceptación — no resignación pasiva, sino liberación activa de la resistencia.

When the conversation felt too fast, she surrendered to the moment and found that her instincts carried her through.

When the conversation felt too fast, she surrendered to the moment and found that her instincts carried her through. -> Cuando la conversación se sentía demasiado rápida, se entregó plenamente al momento presente y descubrió que sus instintos la llevaron adelante.

Surrender to the moment in English — stop trying to control every word and let the language happen.

Surrender to the moment in English — stop trying to control every word and let the language happen. -> Ríndete al momento en inglés — deja de intentar controlar cada palabra y deja que el idioma suceda.

9

to fall into a rhythm

encontrar el ritmo · entrar en un ritmo natural y cómodo

DEF

to naturally settle into a regular, comfortable pattern of doing something

Fall into a rhythm means the pattern becomes automatic — you stop thinking about the steps and just do them. In language learning, falling into a rhythm of daily practice is the point where it stops feeling like a chore and starts feeling like part of who you are.

ES

Asentarse naturalmente en un patrón regular y cómodo de hacer algo.

El patrón se vuelve automático — dejas de pensar en los pasos y simplemente los haces. El punto en que el aprendizaje deja de sentirse como una tarea.

After three weeks, she fell into a rhythm of morning English practice and it felt completely natural.

After three weeks, she fell into a rhythm of morning English practice and it felt completely natural. -> Después de tres semanas, encontró el ritmo de la práctica de inglés matutina y se sentía completamente natural.

Once you fall into a rhythm with the language, you will find that improving becomes almost effortless.

Once you fall into a rhythm with the language, you will find that improving becomes almost effortless. -> Una vez que entras en un ritmo natural y cómodo con el idioma, descubrirás que mejorar se vuelve casi sin esfuerzo.

10

to find your footing

encontrar tu equilibrio · afianzarte en una nueva situación

DEF

to gradually become stable, confident, and capable in a new situation or skill

Find your footing is a physical metaphor — imagine stepping onto uncertain ground and slowly steadying yourself. In English learning, finding your footing means reaching the point where you are no longer lost, just still learning. It is a reassuring phrase.

ES

Gradualmente volverse estable, seguro y capaz en una nueva situación o habilidad.

Metáfora física — imagina pisar terreno incierto y estabilizarte poco a poco. En inglés, encontrar el equilibrio significa llegar al punto en que ya no estás perdido.

In the first few weeks of speaking English abroad, you just need to find your footing — it will come.

In the first few weeks of speaking English abroad, you just need to find your footing — it will come. -> En las primeras semanas de hablar inglés en el extranjero, solo necesitas encontrar tu equilibrio — llegará.

Once she found her footing in English, everything became easier — the vocabulary, the confidence, the rhythm.

Once she found her footing in English, everything became easier — the vocabulary, the confidence, the rhythm. -> Una vez que se afianzó en una nueva situación con el inglés, todo se volvió más fácil — el vocabulario, la confianza, el ritmo.