

VOCABULARY · EPISODE 40

Day 2 of Calm English

Key words & expressions · English + ■■■■■

10 words

Your English Toolbox

1

to breathe deeply

ندز قی مع س فن ن دی شک س فن قی مع

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.

دنک رپ ال ما ک ار اهه ی ر هک ن دی شک مار آ و ی نال و ط ی اه س فن
نوم ز آ کی زا ل بق ، راوشد همل اکم کی زا ل بق ی زاجم مه ی ظفل ل اتحت مه

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

ه ب هکن ی زا ل بق .

دم آ دنه اوخ تام لک شک ب س فن قی مع ی هدب باوج ی سی ل گنا

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

ره .

دشک ب س فن قی مع تف گلی م شدوخ هب درکلی م ندش قرغ س اسح ا ی نال و ط ن تم کی زا هک راب

2

to let go of

ندرک لو ندرک اهر

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.

ی نه ذ ای ی س اسح ا ، ی مس ج رظن زا ندرک اهر ی اه دی بس ج ن آ ه ب هک ار ی زی ج
ی بل طال امک نین چمه و سرت سا ، هنی ک ، طب اور ی ارب ی سی ل گنا رد می هافم نیرت لوق زا ی کی

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

نک اهر ار همل ک ره ن دی مه ف هب زای ن .

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

ت سا ندرک هابت شا زا سرت ندرک اهر ی سی ل گنا ی ری گدای شخب نیرت اتخس

3

at your own pace

تدوخت متیر اب، راشف نودب تدوخت تعرس اب

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.

نارگیدی نامز لودج ای متیر اب یگنهامه یارب راشف نودب تسایعی بط و تحار تیاریب هک یتعرس اب
درپلم نیب زا ارهسیاقم ماد تساهدنکدازآ

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

یاهقباسم اجنی .

نک راک ار بل اطم تدوخت تعرس اب تسین

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

یریگدای .

یریپلم تذلل ریسم زاعقاوینعی تدوخت متیر اب یسیلگنا

4

to check your breathing

دینک لرتنک هناهگاآ ار ناتندیشرک سفن دینک کچ ار ناتسفننت

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.

دیتسه چنشتم یتقو نآندرک مک هناهگاآ و ناتسفننت هوحن زا ندش هگاآ
تلاح دن او تلم هناهگاآ سفن کی . تبحص یاهتییعقوم رد بارطضا تیریدم یارب هار نیرتامیق تسم
دنک میظنت الماک ار ناتتبحص

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

قمعلمک رگا دینک کچ ار ناتسفننت، یسیلگنا هب تخس هملاکم کی زال بق .

دینک هتسهآ ار نآادمع، تسا

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

لوا تفرگ دای یتقو اما، درپلم تبحص هب میقتسم ال بق .

دش رتامارآ زیچ هم، دنک کچ ار شسفننت

5

to be patient with yourself

دیهدب تقو ناتدوخ هب دیشاب روبص ناتدوخ اب

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.

یعیق اورغ تاراضت نا ای دوخ زا دیدش داققت نا نودب تفرشیپ یارب اضف و تقو نداد هزاجا ناتدوخ هب .
داجیا بارطضا ؛ دن کلی من عی رست اری ریدای یربصلی ب . دن کلی م یری گولج یگدوسرف زا هک یفطاع شوه تراهم
دن کلی م .

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

درک عانتما ندش میلست زا هک دوب یدتبم ینامز یصصختم ره دیشاب روبص ناتدوخ اب

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

و ، دشاب روبص ش دوخ اب تفرگ دای دوخ زا داققت نا اهل اس زا دع ب .

دش رتاعی رس عقاو رد شتفرشیپ

6

to honour the process

دینادب دن مشزرا اری ریدای ریس م دیرامش ب مرتحم ار دن آرف

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.

ی.ی اهن هجیتن یور زکرم تطقف هن ، ش دوخ یری گدای ریس م یارب ندش لئاق شزرا و نتشاذگ مارتحا
دن آرف زا ینادردق هب هجیتن ساوسو زا تین هذری غت کی

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

دین کلی م هعلاطم تفرشیپ ندید نودب هک یی اهزور دیرامش ب مرتحم ار دن آرف .

دتفالی م قافتا دش رهک تسای نامز آقی قد

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

، درامش ب مرتحم اری ریدای ریس م درک عورش و تشادرب یناور بیقعت زا تسد .

دم آرتاعی رسی لیخی ناور ، هن ابی جع و

7

in your own time

نارگی دزا راشف نودب ناتدوخ تقو هب

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.

دوشایم ساسح تچار و یعی بطناتی ارب هک یت عرس اب دنهد ناتاهل جع نارگی د هکنی نودب
دورب شیپ شدوخ ت عرس اب دهلیم هزاجا یسک هب ه نابدؤم و یی ای ناتی رب رای سب

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

ناتدوخ تقو هب دینکن هل جع .

دمآده اوخ یسی لگنا

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

شبارطضا هم لک هس نآ هک تفایرد و ناتدوخ تقو هب تفگلیم هشی می شم لم عم .

داد شهاک یری گمشچ روطه ابر

8

to surrender to the moment

ندش قرغ رضاح هظحل ردالماک ندش هظحل می لست

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.

دی شاب نآ ردالماک هک ناتدوخ هب نداد هزاجا و رضاح هب رجت اب هزاربم زان دیشک تسد
تمواقم زالا عفی یی اهر هک لب، لعف نم می لست هن شریذپ لکش نیرتاقی عم

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

و دش هظحل می لست، دشایم ساسح اعی رس یلی خ هم لکم یتقو .

داد روبع نآ زار و اوشی اهلزی رغ هک تفایرد

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

و دیرادرب هم لک ره لرتنک یارب شالات زان تسد دیوش هظحل می لست یسی لگنا رد .

دتفی ب قافتا نابز دیرادگب

9

to fall into a rhythm

ندش ت ح ا ر و ی ع ی ب ط ی و گ ل ا کی دراو ن د ا ت ف ا ی م ت ی ر ه ب

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.

ندش ی ر ا ک م ا ج ن ا ز ا ت ح ا ر و م ظ ن م ی و گ ل ا کی دراو ی ع ی ب ط ی و ط ا ه ب

دی ه ل ی م م ا ج ن ا ا ر ا ه ن آ ط ق ف و د ی ن ک ل ی م ن ر ک ف ل ح ا ر م ه ر ا ب ر د ر گ ی د د و ش ل ی م ر ا ک د و خ و گ ل ا

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

ی ع ی ب ط ا ل م ا ک و د ا ت ف ا ی س ی ل گ ن ا ی ه ا گ ح ب ص ن ی ر م ت ی ر ه ب ، ه ت ف ه ه س ز ا د ع ب .

دش س ا س ح ا

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

ت م ح ز ن و د ب ا ب ی ر ق ت ت ف ر ش ی پ ه ک د ی د ی ه ا و خ ، د ی ت ف ی ب ی م ت ی ر ه ب ن ا ب ز ا ب ی ت ق و .

دوش ل ی م

10

to find your footing

ن د ر ک ا د ی پ ت ا ب ث د ی ج ت ی ع ق و م ک ی ر د ن ت ش ا ز گ ا پ ی ا ج ا پ

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.

ن د ش د ن م ن ا و ت و س ف ن ه ب د ا م ت ع ا ا ب ، ر ا د ی ا پ د ی ج ت ر ا ه م ا ی ت ی ع ق و م ک ی ر د ج ی ر د ت ه ب

د ی ن ک ت ی ب ث ت ا ر ن ا ت د و خ م ک ا م ک و د ی ر ا ز گ ب م د ق ن ی م ط م ا ن ن ی م ز ی و ر د ی ن ک ر و ص ت ی م س ج ه ر ا ع ت س ا ک ی

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

د ی آ ی م د ی ر ا ز گ ب ا پ ی ا ج ا پ د ی ا ب ط ق ف ، ج ر ا خ ر د ی س ی ل گ ن ا ن د ر ک ت ب ح ص ل و ا ه ت ف ه د ن ج ر د .

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

ه ب د ا م ت ع ا ، ن ا گ ز ا و د ش ر ت ت ح ا ر ز ی ج ه م ه ، د ر ک ا د ی پ ت ا ب ث ی س ی ل گ ن ا ر د ی ت ق و .

م ت ی ر ، س ف ن