

# The ANXIETY related to languages that nobody names. Four ways to FIX IT.

English learning resource · EN

## Key words & expressions · English

12 learning entries

**Study task:** Listen again and notice the expressions you studied.

1

### to go off

DEF

To begin making a loud warning sound.

*For alarms, go off means activate, not stop working.*

*The smoke detector goes off when the toast burns.*

*My alarm went off at six this morning.*

2

### evaluation apprehension

DEF

Fear or anxiety caused by being watched or judged while performing.

*A psychology term especially relevant to language learning and public performance.*

*Evaluation apprehension can make familiar words disappear.*

*The supportive group reduced her evaluation apprehension.*

3

### to lose access to something

DEF

To become temporarily unable to use or reach something.

*Here it describes skills that anxiety makes difficult to retrieve.*

*Under pressure, you may lose access to your sense of humour.*

*Stress made him lose access to words he knew well.*

4

### background noise

DEF

A continuous sound or influence that stays in the background.

*Often used figuratively for worries that consume attention.*

*Anxiety has become the background noise of modern life.*

*Notifications create constant mental background noise.*

5

### decision fatigue

DEF

Reduced ability to make good decisions after making too many choices.

*A common psychology and productivity collocation.*

*Decision fatigue drains the energy you need for English.*

*She avoids decision fatigue by planning meals in advance.*



6

**to drain mental energy**

DEF

To gradually use up someone's capacity to think or concentrate.

*Drain creates the image of liquid slowly leaving a container.*

*Constant alerts drain mental energy.*

*Worrying about every mistake drains your mental energy.*

7

**to stay braced**

DEF

To remain physically or mentally tense in preparation for danger.

*Braced suggests the body is expecting an impact.*

*The body stays braced while it waits for an all-clear.*

*He noticed that his shoulders stayed braced all day.*

8

**an all-clear**

DEF

A signal that a dangerous situation has ended.

*Often used with give or wait for.*

*Your nervous system is waiting for an all-clear.*

*The police gave the all-clear after checking the building.*

9

**the double breath**

DEF

A calming technique using two inhales followed by one long exhale.

*Also known as a physiological sigh.*

*Use the double breath before a difficult call.*

*Two double breaths helped her body settle.*

10

**to ground yourself**

DEF

To reconnect with the present moment through the senses.

*Common in wellbeing contexts; it does not mean punish yourself.*

*Name five things you can see to ground yourself.*

*She grounded herself by feeling her feet on the floor.*

11

**a racing heart**

DEF

A heartbeat that feels unusually fast, often because of fear or excitement.

*Racing is figurative and very common with heart and thoughts.*

*A racing heart does not always mean you are in danger.*

*He took a slow breath and his racing heart settled.*



12

**to work overtime**

DEF

To work longer than normal; figuratively, to be excessively active.

*The episode uses it figuratively for an overactive alarm system.*

*Her alarm system had been working overtime.*

*My imagination works overtime before important meetings.*

