

# What Is Mindful Language Learning?

Many of the obstacles to language learning are self-imposed: self-doubt, self-judgment, ego. Mindfulness practices like meditation, self-compassion, gratitude, and nonjudgment can help you overcome these obstacles and make quicker progress towards learning.



## How meditation affects language learning

### 1. It improves concentration:

Improved concentration and abilities of focus have clear benefits for language learning. If you find your mind wandering during vocabulary review, it might be time for meditation, which has been shown to improve mental attention and focus.

### 2. It changes your brain:

Meditation has been shown to lead to "less age-related gray matter atrophy in long-term meditation practitioners." In other words, your brain is likely to be in better shape for more time, allowing you to continue to learn and retain information more effectively.

**3. It improves your memory:** Studies have shown meditation improves your memory, especially your short-term memory, and these improvements are caused by actual changes in the structure of your brain.

**4. It reduces stress:** Whether you're pushing yourself to acquire new vocabulary fast, or putting yourself in difficult real-life situations in order to practice, stress is bound to be a part of your journey.

**5. It improves decision-making:** From selecting the right language learning method for you to skipping vocabulary you know won't be useful to your life, deciding what to learn and how to learn it is critical.