

[Creative Language Learning Series](#)

In this worksheet, you'll find a table detailing whether you should study when faced with certain emotions and what you can do as an alternative when studying isn't an option.

<b>Emotion</b>	<b>Should You Study?</b>	<b>What Should You Do Instead</b>	<b>Effective Emotion?</b>
Happiness	Yes	Go with the flow, full speed ahead!	Yes
Anger	Depends	Calm Down First Or Use It As Fuel	Yes/No
Anxiety	No	<i>Ground Yourself</i> <i>Drink some tea to calm your nerves.</i> <i>Remember why you started to learn the language.</i> <i>Find someone you can talk to about your anxiety.</i>	No
Sadness	No	<i>Cheer Up (Easier said than done)</i> <i>Take A Long Walk</i> <i>Sing One Of Your Favorite Songs</i> <i>Talk To A Friend</i>	No

Below you'll find another exercise designed specifically for you!

On this separate sheet try to keep track of any other emotions you experience and make your own personalized table.

<b>Emotion</b>	<b>Should You Study?</b>	<b>What Should You Do Instead</b>	<b>Effective Emotion?</b>