Relaxed Speaking in English

How to Sound Natural and Confident

🌿 Why Relaxation Matters

When you speak English, it's not only about grammar and vocabulary. Your **body** plays a big role.

- Tension in the **jaw, shoulders, or tongue** makes speech sound stiff.
- Relaxation helps you sound **natural, clear, and confident**.
- Confidence comes not only from speaking strongly, but also from speaking **calmly**.

🗣️ 5 Techniques to Relax Your Speaking Muscles

1. Jaw Drop + "Ahh"

- Let your jaw hang loose, like a soft yawn.
- Exhale with a calm "ahhh" sound.
- **Benefit**: Releases tightness in your jaw and throat.

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2. Lip Trills (Brrrr)

- Close your lips lightly and blow air until they vibrate. (*brrrr*)
- Don't push too hard — gentle air is enough.
- **Benefit**: Loosens lips and cheeks, keeps your breath steady.

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3. Tongue Stretch

- Stick your tongue out gently.
- Move it **left → right → up → down**.
- **Benefit**: Reduces stiffness in the tongue, improves clarity for sounds like *L*, *R*, *TH*.

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4. Cheek Massage

- Place two fingers on your cheeks.
- Massage in small circles for 10–15 seconds.
- **Benefit**: Releases tension from clenching and over-pronouncing.

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5. Slow Motion Sentence

- Choose a simple phrase: *"My name is ___."*
- Say it **very slowly**, exaggerating each sound.
- Repeat again a little faster.
- Finally, say it at **normal speed**.
- **Benefit**: Builds awareness, control, and calm pacing.

🌱 **3 Ways to Release Stress Before a Conversation**

1. Shoulder Shake-Out

- Roll your shoulders and shake your arms for 10 seconds.
- **Benefit**: Drops tension and resets posture.

2. Breathing Reset

- Inhale through your nose for 4 seconds.
- Exhale slowly through your mouth with a soft sound ("mmm" or "shhh").
- Repeat 3–4 times.
- **Benefit**: Calms nerves and prepares your voice.

3. Positive Anchor Sentences

- Say one calming phrase slowly:
    - "I can take my time."
    - "It's okay to pause."
    - "My voice is calm and clear."
- **Benefit**: Builds confidence and sets your rhythm.

💬 Confidence Sentences to Practice Daily

Repeat these every morning, slowly and calmly:

- “I can take my time.”
- “It’s okay to pause.”
- “My voice is calm and clear.”
- “I sound natural when I relax.”

✅ Daily Routine (2–3 Minutes)

1. Shoulder shake + jaw drop sigh.
2. Lip trill for 10 seconds.
3. One slow motion sentence → repeat at normal speed.
4. Say one **confidence sentence** aloud.

That’s it — quick, simple, effective.

📌 Next Step

Relaxed speaking is only half the story. You also need **real practice with real people**.
👉 Join the free **Online English Café** today:
learnwithlucas.com/relaxed-speaking