

	<p align="center">UNIVERSIDADES PÚBLICAS DE LA COMUNIDAD DE MADRID PRUEBA DE ACCESO A LA UNIVERSIDAD Curso 2024-2025 MATERIA: INGLÉS</p>	<p align="center">Modelo</p>
<p align="center"><u>INSTRUCCIONES GENERALES Y CALIFICACIÓN</u></p> <p>Después de leer atentamente el texto y las cuestiones, responda EN INGLÉS a las cinco preguntas.</p> <p>Las preguntas 1, 4 y 5 ofrecen optatividad: la pregunta 1 presenta 3 cuestiones para elegir 2, la pregunta 4 presenta 6 oraciones para elegir 4 y la pregunta 5 ofrece 2 opciones para elegir solo 1. En aquellos casos en los que se conteste a más opciones de las pedidas, se corregirán solo aquellas que estén en primer lugar, descartando el resto.</p> <p>TIEMPO Y CALIFICACIÓN: 90 minutos. Las preguntas 1, 2 y 4 se calificarán sobre 2 puntos cada una, la pregunta 3 sobre 1 punto y la pregunta 5 sobre 3 puntos.</p>		

Breath Meditation: A Great Way to Relieve Stress

Stress can be defined as a state of worry or mental tension caused by a difficult situation in your personal life that prevents you from relaxing. Everyone experiences stress from time to time. However, according to an article published by the Harvard Medical School, psychological stress has a devastating effect on health. Research shows that people with heart disease do worse over time if they don't control stress, and stress seems to be associated with a higher risk for cancer, poorer memory, and more aches. However, reducing stress helps you sleep restfully and control high blood pressure.

One of the easiest ways to reduce stress is connected to breathing. Paying attention to your breath is a form of "entry level" meditation that anyone can do. You'll notice an immediate sense of relaxation that could help protect your health over time. Simple breathing meditation requires only that you find a comfortable position in a place with minimal distractions. You may sit, stand, or walk—whichever you prefer. Many people find the sitting position to be best.

If you enjoy it, breath meditation can be a gateway to a broader practice of "mindfulness," in which you learn to accept and appreciate what comes in life and stop fighting your own thoughts and feelings. Mindfulness is a concept that originated in Buddhism, although its fundamental principles are shared by many spiritual traditions, philosophies, and religions. Mindfulness simply means the practice of purposely focusing your attention on the present moment—and accepting it without judgment.

"Many people take up mindfulness practices thinking they'd like to relax more, but where it leads is a very different approach to life and its inevitable challenges," says Dr. Ronald D. Siegel. The mind can be a noisy, busy place. As you try to focus your attention, thoughts will often arise. The key is not to get annoyed or impatient with your restless mind. Acknowledge the thoughts and let your attention slip from them. "Learning to focus attention and relax is a skill," Dr. Siegel says. "As with any skill, your ability to focus and relax will improve with practice."

Adapted from "Breath Meditation: A great way to relieve stress," *Harvard.edu*, April 15, 2014.
<https://www.health.harvard.edu/mind-and-mood/breath-meditation-a-great-way-to-relieve-stress#:~:text=Many%20people%20find%20it%20helpful,the%20same%20time%20every%20day>

QUESTIONS

1.- Indicate whether TWO of the following statements are True, False or the information is Not Given in the text (T/F/NG). In true and false cases, copy the complete sentence that contains the evidence which justifies your answer. No marks are given for only TRUE or FALSE.

- a) Only experienced meditators can relax by focusing on breathing.
- b) Listening to music while practicing breathing exercises is becoming very popular.
- c) The practice of mindfulness requires deliberate observation of the here and now without forming particular opinions.

(Puntuación máxima: **2 puntos**)

2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text.

- a) Explain two negative consequences of stress on health.
- b) Why do people start practicing mindfulness and what is the result of that practice?

(Puntuación máxima: **2 puntos**)

3.- Find the words in the text that mean:

- a) terrible (paragraph 1)
- b) wish (paragraph 2)
- c) door (paragraph 3)
- d) emerge (paragraph 4)

(Puntuación máxima: **1 punto**)

4.- Answer FOUR questions (from a to f) of your choice.

Write a new sentence that has the same meaning as the one given. Use the word or expression in brackets. Do not change the word(s) given.

- a) I should have started working on the project last month. (*if only*)
- b) When I play football, I feel very happy. (*makes*)
- c) "I won't go to that boring party," said Nick. (*refused*)
- d) First, David wrote his mother an email, and then he apologised for his behaviour. (*after*)

Complete the following sentences to report what was said.

- e) "What is he going to do to relax?" Sue asked me.

Sue asked me

Rephrase the sentence beginning with the words given.

- f) They are building a new high-technology hospital in my town.

A new high-technology

(Puntuación máxima: **2 puntos**)

5.- Write between 150 and 200 words on ONE of the following questions.

- a) Should physical education be mandatory in secondary schools? Justify your answer.
- b) Write an informal e-mail to an English friend about something positive and interesting that has happened in your school recently.

(Puntuación máxima: **3 puntos**)