Maria Martinez Fernández – Adventist school form Apartadó - 11th grade

Icfes preparation

Se honesto, recuerda que el resultado es solo tuyo.

The lord Will fight for you,

You need only to be still.

Exodus 14:14

Translate test about "The power of hope"

Some say that anxiety _____ excess future, depression is excess past, and stress is excess present. Now imagine someone _____ has an excess of all of these! Laura _____ that person. When she was five years old, Laura's father _____her family, pursuing a woman much younger than her mother. Laura's mother had to work hard to keep up the_____. Laura spent much of her time at a day care center while her mother wore herself out with two jobs. Laura frequently heard her mother complain about _____ lack of money, so Laura began to _____ the future. She feared her mother _____ leave just as her father had. She was afraid of losing her house, her room, her life. She was unable to relax. She continually felt that a disaster was about to happen. Simply put, she was unable to control her negative thought patterns. Two years filled with an overwhelming routine caused Laura's mother to pay a high price—a serious disease _____ her, and she passed away a few months later. Once again, Laura was abandoned, and her insecurity reached alarming levels. Adopted by a great-aunt, Laura _____ without the warmth of her mother's love and the protection of her father. She was afraid of everything—especially the future. The anxious person suffers from overwhelming apprehension and_____, altering the normality of the individual's life extensively. The most frequent concerns are interpersonal relationships, work, finances, health, and the future in general. _____ this person experiences generalized anxiety where no reason exists.

Anxiety and depression are the most common mental healthIn large urban centers, one in three people suffers from anxiety. Unfortunately, the current

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conditions under which people live favor these problems and bring a great deal of suffering to the afflicted and their families.

How to prevent and overcome anxiety Frequently, the symptoms of anxiety do not emerge until a stressful situation triggers a crisis. Easily applied prevention activities can deter the emergence of anxiety as well as serve to calm the symptoms when they appear: Talk about your problems. Seek to associate with individuals in a close friendship, those with whom you can _____ your experiences. People who are always isolated run a greater risk of developing anxiety. If this is your case, maintain a good relationship with a family member _____ friend who can fulfill your need of companionship. Practice relaxation. Tension accompanies all forms of anxiety, and it is essential to know how to relax in a systematic and habitual manner. Use breathing _____ means to avoid tension. It is surprising how some simple breaks and deep breathing exercises (from the abdomen to the thorax) can provide calmness in an anxious or anguishing situation, thereby avoiding complications. Eat properly. Research shows that avoiding hypoglycemia (low blood sugar) and eating a breakfast that includes protein helps you to maintain the biochemical balance of the body and prevent thoughts that bring about worry. Therefore, eat healthy food and begin the day with a good breakfast. Find support groups. _____ are groups of people with similar problems. In many cities, there are organized therapy groups. In this context, you will learn much through the experience of others, and they can understand your difficulties as well. Clinical research leads us to the conclusion that the most successful techniques in treating anxiety are based on cognitive- The Power of Hope behavioral psychology.

Let's take a look at some of them: Thought control. It _____ proven that thought control is effective, especially in matters that trigger anxiety. If, for example, the reason for anxiety is fear of having a fatal disease, identify the thoughts related to this fear (perhaps the illness of a family member) or _____ idea that triggers a chain of worries that bring about anxiety. At the first sign of this thought approaching, say, "No!" and focus on something else or begin an activity that can distract your mind. Systematic desensitization. This approach consists of learning relaxation techniques that help identify and confront the source of anxiety. The possibility of success is

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high, and the procedure is fast. _____, it requires the involvement of a psychologist. These techniques can be efficient but superficial. _____, the problems relating to anxiety have deep roots, as in the case of Laura and her childhood. In these circumstances, it is necessary to confront the cause of the problem, and not just the symptoms.

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