What do your dreams mean?

I bet that each and every one of us has had the same dreams: the plane crash, teeth falling out, walking on air, missing that train, falling, drowning, running naked through the streets, being chased…The list goes on. But, have your dreams been more vivid since the lockdown? Social media and online forums are awash with stories of vivid dreams and even nightmares. Experts are claiming that there is a lot of truth in this phenonemon. People are sleeping longer and this allows more time for dreaming. In addition, the more boring your life, the more your night time brain activity tries to recompense and the more exciting your dreams become.

However, what do those dreams mean? Experts refute that dreams can predict events, but they *can* help us interpret our feelings. The events in dreams are symbolic. For example, missing that train might indicate that you are feeling left behind, or simply that you are anxious. Walking on air shows that you feel invincible and capable of anything. If you dream that your teeth are falling our or crumbling, you have bitten off more than you can chew. Slow down and do less! Dreaming of natural disasters – earthquales, tsunamis and volcanic eruptions can be intense and terrifying. They show that you are feeling frightened by events outside of your control, like the coronavirus. It is worthwhile to try and decipher your dreams, as this can help you interpret your feelings. One way to do this is by association. If you dream about people, ask: what does this person mean to me? If you dream about, let's say birds – think: do you love birds or do they make you nervous?

Some people claim they never dream; well, they do, but they just forget. It may be useful when you wake up, to try to recall your dreams – they might be telling you something important.

WEEK 9

Answer TRUE or FALSE.

1) ___Everyone experiences similar dreams.
2) ___There are reports on social media that people's dreams have become more intense.
3) ___Dreams have become more interesting because life is duller since the lockdown.
4) ___Experts agree that dreams can foretell the future.
5) ___Events in dreams are based on reality.
6) ___Walking on air indicates that you are aiming too high and should be less ambitious.
7) ___Dreaming of dental issues suggests that you should eat more.
8) ___Dreaming about natural disasters indicates that you are happy about the situation around you.
9) ___It is a useful exercise to try and interpret your dreams.
10) ___Some people never dream.
11) ___You should spend a few moments after waking up to mull over your dreams.

LIVEWORKSHEETS