



Dreams & Emotion Regulation

Psychological studies show that during a normal 8-hour night of sleep, we typically have 4 to 5 dreams (even though most of us think we haven't dreamed!).

Have you ever had nightmares, dreams about going to the bathroom, dreams about the deceased, sexual dreams, exam dreams, or dreams about losing teeth?

Functions of Dreams

Emotional Regulation

Through dreaming, the brain organizes experiences and releases emotions from real life.

Problem-solving

During dreams, the brain reorganizes information, revealing connections and possibilities that might be overlooked when awake.

Memory consolidation

Dreaming helps convert short-term memories into long-term memories.

Expressing Inner Desires

Dreams present the deepest desires of the human subconscious and are part of the process of self-exploration and self-realization.





We may dream for any of these individual reasons, or a combination of them. Psychological studies indicate that dreaming is crucial for mental, emotional, and physical health. If you're interested in understanding your dreams and the messages they convey, you can try becoming your own dream interpreter to promote self-awareness.

1. Put a pen and a piece of paper next to your bed.
2. Practice breathing relaxation exercises before sleep to calm and relax your emotions and physical state.
3. Repeatedly tell yourself in your mind that you are prepared to dream tonight and keep an open attitude to receive messages from your subconscious or dreams.
4. If you dream, you can jot down the key points upon waking.
If it's not yet time to get up, allow yourself to relax and go back to sleep.
5. After waking up, you can connect the key points to form a more complete dream story.

Once you have recorded your dreams,
you can proceed with the following steps:



1. Recall the emotions present in the dream.
2. If certain people or events appear, what feelings do they evoke in you?
3. How do these feelings relate to people or events in your waking life?
4. Identify the main points of the dream
(e.g., what connection do they have to the issues you are currently facing).
5. Consider your feelings after waking from the dream.



Dream interpretation is a process involving psychological, cultural, and personal understanding. Different people may have different interpretations of the same dream, so when trying to interpret your own dreams, remember to maintain an open mind, pay attention to your physical and mental reactions, and use open-ended questions to enhance self-understanding and awareness.

*Wishing you sweet dreams and
a journey towards holistic well-being!*