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## Plane crash game

Sleep is supposed to be a safe haven - a place of calm, relaxation, and the occasional no-dream effect on cloak invisibility. But nightmares change all that. Experiencing airplane crash dreams, dreams of being the victim of a crime, or any other nightmare can not only make sleep stressful – it can make us feel set aside during our waking hours, too. I should know. I have a recurring dream where my mother chases me through the halls of my childhood home, and every time it happens, I wake up in a state of turmoil, and then I spend the day freaked out and irritable. But if you've been having nightmares lately, don't freak out. This does not mean that something bad is going to happen to you in real life, or that you are experiencing a mental health problem. Conversely, nightmares are believed to be our mind's way of dealing with the things that scare us – and if you pay attention to your nightmares, you may just be able to gather some information that will help you deal with your fears. As psychotherapist Annie Armstrong tells Bustle, nightmares are a way to process our fears – both the oral, obvious fears and the unspoken, less conscious fears we have. It is also believed that nightmares help us prepare for worse case scenarios, solve problems, or connect and better understand, even tolerate, existential fears. According to the Harvard Mahoney Neuroscience Institute's On The Brain, nightmares can be caused by a wide variety of factors, including medications, irregular sleep habits, and PTSD - a 2009 survey found that 80% of people with PTSD suffered frequent nightmares, while only about 3% of people who did not suffer from PTSD experience regular nightmares. (if you think you may be dealing with PTSD-related nightmares, be sure to seek help from a professional you trust). But for many of us, stress is the culprit behind our bad dreams. If we're stressed, trying to solve a problem, or have the deep knowledge that something [in your life] may be far away, says Armstrong, our dreams are opportunities to find them. They can express some underlying fear or desire that we may not have time to manage in our waking lives. By looking at your nightmare and the specific symbols that appear, you can discover a more personal meaning. Of course, knowing that there is a reason you keep going about your home burning down doesn't necessarily make it easier to deal with. But according to Armstrong, the best coping tactic is not trying to forget that your nightmare ever happened. This strategy could backfire, often, our dreams become more powerful or scary when we avoid dealing with uncomfortable thoughts and feelings. Instead, you might want to try to think about your nightmares - specifically what symbols appear on them, and what they might mean to you. Analyzing your nightmares can do more than just help you understand exactly what you were dreaming about – it could help you get a handle on the issues that are nightmares, and help make sure that your sleeping future is a little more peaceful (or, at least, not filled with scary pictures). How do you understand the deeper meaning of your nightmare? According to Armstrong, there are a few steps you'll want to take after you wake up. When you wake up from a nightmare, don't immediately start trying to think of the soothing fields of lavender and/or your favorite prestige cable drama. Instead, take some time to record what happened, either by writing it or by making an audio message on your phone. 2. Think about how you felt in the dream Take a moment to connect or identify the feeling you felt during the dream, says Armstrong. Were you terrified, shocked, nervous, ashamed? 3. Look at the symbols in your Dream Everything in a dream isn't exactly what it seems – so while a dream about a house fire could mean that you're just really nervous about your home catching fire, it could also symbolize something else. Armstrong says that the things that happen in our dreams - whether we dream of experienced a plane crash or winning an Oscar - are largely metaphorical. A dream uses symbols and images that are consistent in telling a psychological story, Armstrong notes. And thinking about these symbols is the way to really understand what your dream was. Looking at your nightmare and the specific symbols that appear, you discover a more personal meaning and a deeper understanding [of what it was about] than just yes, I'm afraid of losing control and possibly getting lost in a plane crash. When you start using dream symbols, you may want to start by thinking about the place where your dream took place. Try to see if the location is known and if it makes any sense to you, says Armstrong. If you're not familiar, but you know it's a parking garage, [think] what associations do you have with a parking garage? Take simple notes of these thoughts, if useful. After you think about the location, select a few more symbols that are of interest to you and write down some associations you have for the image. If it is a person note what qualities of the character attach to that person. 4. Put the symbols in Context Once you have chosen some of the great symbols in your nightmare, it's time to try to think about what your nightmare might have been a reaction. Our nightmares are often our attempt to sort out the issues we have or the patterns of behavior that have become dysfunctional, says Armstrong. See if some of the pieces of your dream are connected to the set, and pay attention to what resonates with you. It may not be the obvious answer, so go with your gut! \* Anderson's advice, I analyzed my dream, and realized it was about more than my fear of being chased (though, of course, I also don't like being chased) or my severely strained relationship with my mother. Setting up my house made me think about my childhood. Looking at a number of different symbols, I realized that I was really dreaming about how sad I feel about no longer being associated with most of the people or things I knew in my childhood. Is this knowledge going to change my life? I don't know yet. But I came of age with something else Armstrong had to say: reflecting on our nightmares can make them less intense and easier to put up with the next one we have. So, in short: think about this plane crash dream now, and you may not have to experience it again tonight. This post was originally published on June 2, 2015. Updated on 30 July 2019. The most common question posed by crash experts is Is there a safer place? Official sources say it makes no difference because no two plane crashes are the same. Popular magazine Mechanics did some exhaustive research that seems to point to the back of the plane as the safest spot. They studied the data of every commercial U.S. jet crash in the last 36 years and found that passengers in the back of the plane are 40 percent more likely to survive than those in the first rows [source: Popular Mechanics]. The Federal Aviation Administration's position is that there is no safer place. The FAA also concluded in a 2005 report that there is no evidence that each entity is safer than the next [source: FAA]. In the event of a crash, there are things you can do to give you a better chance of making it out alive. Here are five tips everyone should know before taking their next flight. Advertising After boarding, find the two closest exits and count the rows between them and your seat. In case of darkness or smoke, feel the seats and count until you reach the exit line. Ready for impact. The official FAA crash site is to extend your hands, cross your hands and place them in the seat in front of you, and then place your head on the back of your hands. Put your feet under your seat as far away as you can. If you have no position in front of you, bend your upper body with your head down and wrap your hands behind your knees. Always place the carry-on bag under the seat in front of you to block the area. Wear long pants, sleeves and closed shoes. This will help protect you from glass, metal and elements. If you are with your family, talk to your children about what to do in an emergency. Divide the responsibility of helping your children between you and your husband. It's easier for a parent to help a single child than for both of them to try to keep everyone Pay attention to the preflight instructions, as all planes are different. When the oxygen mask drops, put it on yourself first before attempting to help someone else. If you fall unconscious, you have no chance of helping your travel companion. In the next section, we'll look at a few more tips, as well as some common mistakes passengers make. If you'd survived a plane crash, what would you have done? Call your loved ones to tell them you're okay? Check if your luggage survived? Twitter? Twitter? Wilson, a passenger on the Continental Airlines flight that slipped off the runway in Denver over the weekend chose option C, tweeting his experience for everyone to read. Twitter is, of course, the popular blogging site where users can post short blog entries about what's going on in their lives. Wilson appears to have used Twitterrific, an iPhone app, to tweet about his crash experience. His Twitter feed offers valuable insight into his initial reaction and his need for some relief from the crash. It's important to note that Wilson didn't start twittering until after he was safely away from the plane crash scene and within the club security of the president of Continental Airlines. Although I never have a person to get twitter, this is the first time I can see the real use for it. When something big happens, like a plane crash, the first instinct of those out is to try to find out what happened. On Twitter, Mike Wilson was able to do just that. His tweets get the basic information out there to those who are interested or concerned, and do so with an honest and human voice. I guess Twitter has its uses, even if it's limited to traumatic events like plane crashes. Note: When you buy something after clicking on links in our articles, we may earn a small commission. Read our affiliate link policy for more details. Details.

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