

The dreams that tell you you're stressed

If you run into a string of these pesky nightmares, or even one whopper, it's probably time to take stock of your situation and acknowledge your stress is worth addressing:

- 1. Being unprepared for something.** People show up for your dinner party, but you forgot to cook. You have to give a speech, but you've forgotten your notes. Or worse, you forgot to put clothes on!
- 2. Losing something vital.** A family vacation begins with you misplacing the key to the mountain cabin, and boy, are they mad. Or your wallet disappears when a cop asks for your driver's license.
- 3. Storms and disasters.** You're running around trying to scoop the water out of your basement. You're on a plane taxiing down the runway when you see a tornado in the distance. A snowstorm threatens to destroy your brand new home.
- 4. Physical chaos.** You're working on your deck when it collapses and down you go. You're on a roller coaster that feels like it's coming off the rails. Or you're running madly through a hailstorm of pancakes!
- 5. Being chased.** Even a slow-paced chase probably means you have worries on your mind. You can't shake a spy's tail ... a mysterious stranger follows you around town ... the neighbor's pet rabbit gallops after you with revenge on its mind!