



Dreaming of Self-Care

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Raksha Inc.

OVW disclaimer

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Hello!!

My maaññe is Jaurshün!!!



- Mission : To promote stronger and healthier South Asian community through confidential support services, education, and advocacy.
 - *Multi-Cultural and multi-lingual counseling and support groups (for individuals and children)*
 - *Training and technical assistance*
 - *Advocacy (individual and systemic)*
 - *Education workshops for South Asian community*
 - *Serving the South Asian community since 1995*

“When we fail to honor that which is illuminated in dark bedrooms, we will spend more of our daylight hours in the dark cells of self-imposed solitary confinement.”

-Robert VandeCastle

We spend:

- $1/3^{\text{rd}}$ of our lives Sleeping
- $1/3^{\text{rd}}$ of our sleep time Dreaming

Sleep Cycle

NREM (Non-Rapid Eye Movement)

- ❖ Stage 1 : 5-7 Minutes (Barely Asleep)
- ❖ Stage 2: 20 Minutes (Restful)
- ❖ Stage 3: 20 Minutes (Deep)
- ❖ Stage 4: 20 Minutes (Very Deep)

REM (Rapid Eye Movement)

- ❖ Stage 5 (Dream State)
 - *90 - 120 minutes after sleeping*
 - *Approx. 30 Minutes*

Stages of Healthy Sleep



**Cycle repeats 4-6 times between a 6-8 hour sleep period

“Dreams are the language of the soul and it is only you who can understand”

Seemingly Low Intensity Dream

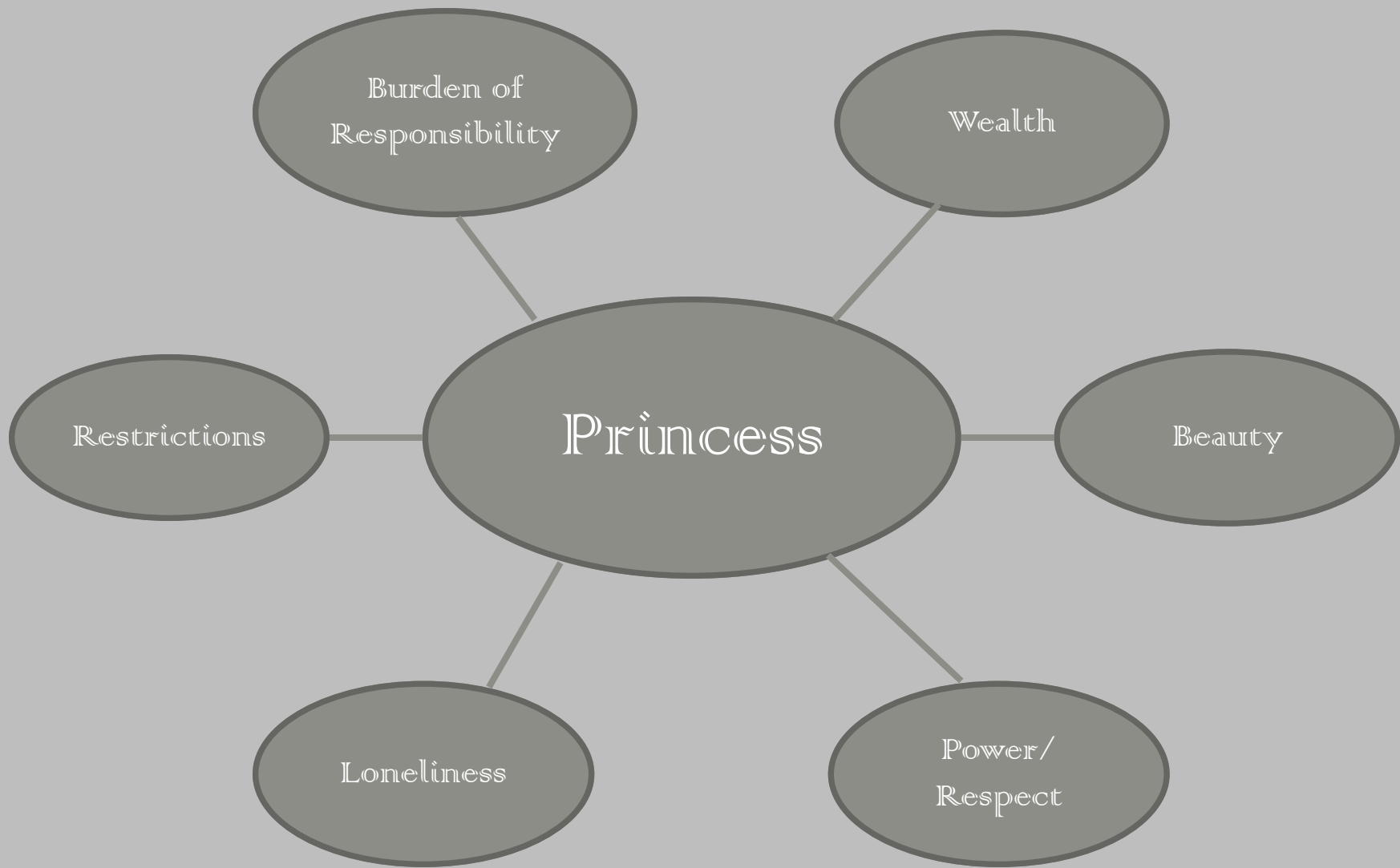
Seemingly High Intensity
Dream

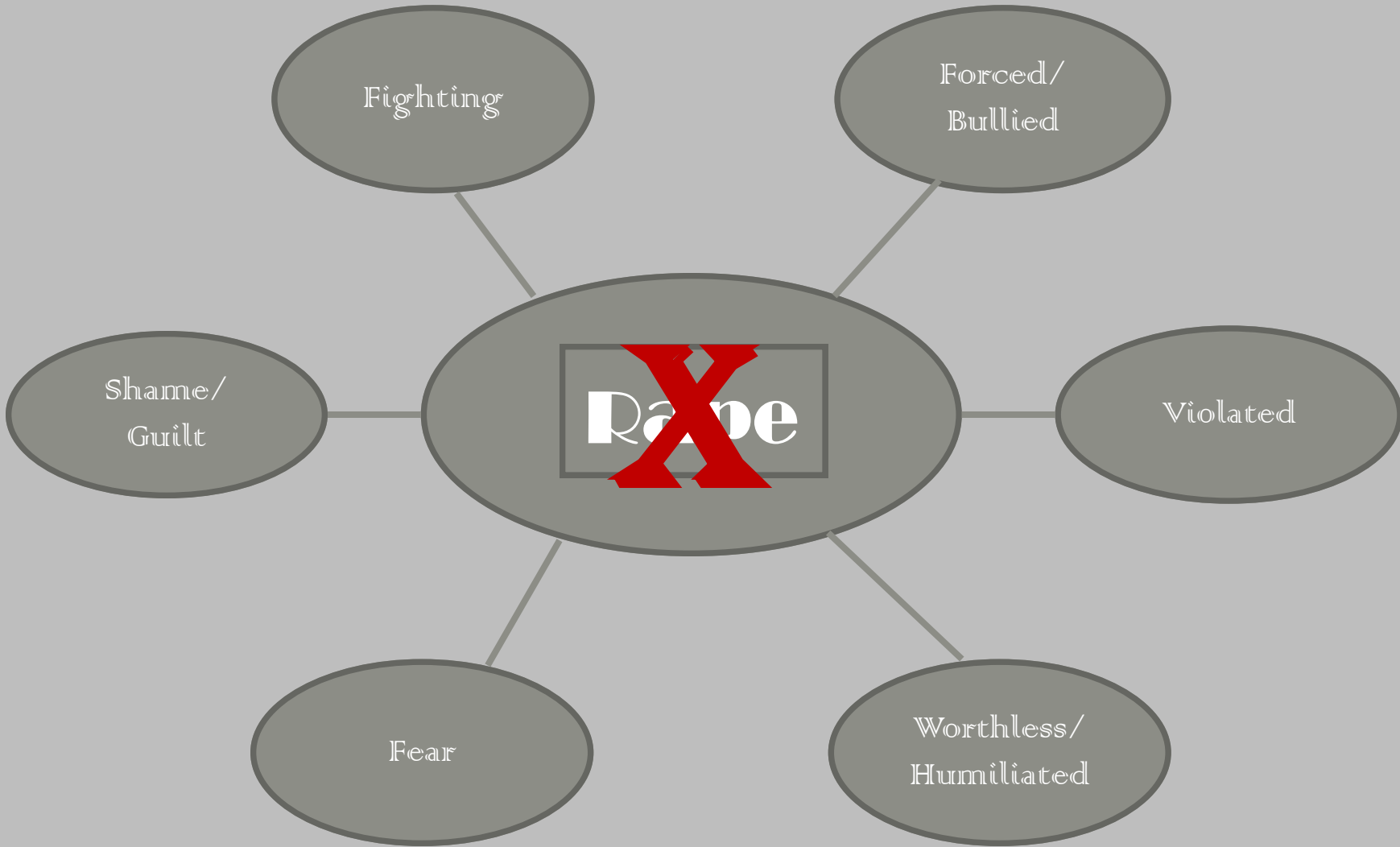


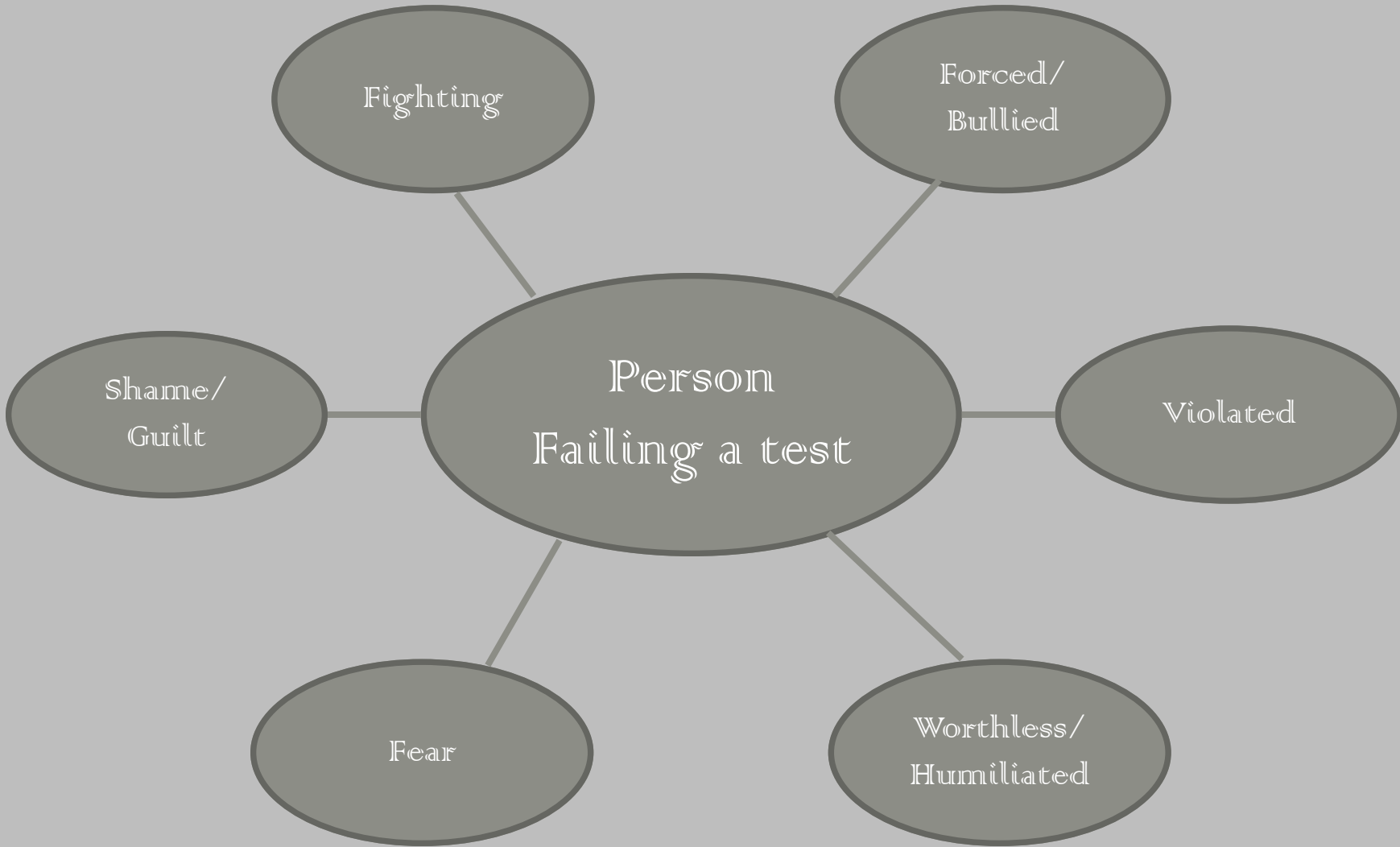
Princess



Rape







Thank You!!!

Honor your authentic inner self by
sleeping and giving your dreams a
chance!!

Sleep Well & Sweet Dreams

