

UNDERSTANDING HIGHLY SENSITIVE PEOPLE!

The finest qualities of our nature, like the bloom on fruits, can be preserved only by the most delicate handling. Yet we do not treat ourselves nor one another thus tenderly.

...Henry David Thoreau

WHAT TO KNOW!

- ❖ Innate sensitiveness was first coined by Carl Jung to describe people of high sensitivity
- ❖ In 1996, Elaine Aron described Highly Sensitive People as those who process sensory information more deeply and thoroughly due to differences in their nervous systems
- ❖ Highly Sensitive People make up about 20% of the population
- ❖ HSP have been described by others as loners, introverted, inhibited, fearful, and weird
- ❖ They may become easily overwhelmed in situations and seek to be alone leading to perceptions that they are introverted
- ❖ HSP can experience mood swings because they are very susceptible to emotions in the environment and can be affected by the problems of others
- ❖ Some HSP have “emotional radar” and can get easily stressed in social interactions
- ❖ HSP have a heightened sensory awareness so that they may hear the hum of lights or computer fans, smell things others don't, and see rich and vibrant colors
- ❖ They can have low tolerance for strong lights, loud noises, strong smells, and may feel certain clothes are too coarse
- ❖ HSP may also have food sensitivities, strong reactions to drinking caffeine, allergies or asthma, and little tolerance for alcohol and over the counter drugs
- ❖ HSP have vivid dreams, a rich inner life, and can be creative
- ❖ Nature, music, art and spiritual pursuits tend to be sources of comfort for HSP
- ❖ HSP view themselves as intuitive and may take things too personally
- ❖ They may be hard working and meticulous and become uncomfortable when they are not in control or when their work area is cluttered
- ❖ At work, they are conscientious and productive but often get overlooked for promotions
- ❖ HSP often feel comfortable being alone with themselves and socially may feel like they don't fit in in groups
- ❖ There is a high correlation between giftedness and being highly sensitive
- ❖ As children, HSP were often described as shy, introverted, and quiet

WHAT TO DO!

- ❖ Understand that there is nothing wrong with you if you are highly sensitive
- ❖ Avoid overstimulation or highly stimulating activities
- ❖ Recognize that regular society may not understand you and may misinterpret or misconstrue who you are
- ❖ Develop support systems of like minded people and appreciate yourself
- ❖ Set boundaries and make alone time to recharge yourself
- ❖ Simplify your life and organize what you can
- ❖ Think things through and take less risks so as not to be overstimulated
- ❖ Trust your intuition and express your creativity
- ❖ Plan for change and manage your stress through yoga, meditation, etc.
- ❖ Seek professional help if you feel overstressed or have difficulty functioning socially

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

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