

HIGHLY SENSITIVE PEOPLE (REVISITED)!

We also often add to our pain and suffering by being overly sensitive, over-reacting to minor things, and sometimes taking things too personally... Tenzin Gyatso, the 14th Dalai Lama

WHAT TO KNOW!

- ❖ Highly sensitive people, HSP, have the innate trait of high psychological sensitivity or as Jung originally described it, innate sensitiveness; one in 5 people are HSP
- ❖ HSP, was coined by Elaine N. Aron in 1996 who described these individuals as people who process sensory data more deeply and thoroughly due to biological differences in their nervous systems
- ❖ HSP get easily overwhelmed by stimuli and are stressed by bright lights, loud noises, strong smells, fabrics, touch, electromagnetic devices, crowds, and many social situations
- ❖ HSP get stressed out when overwhelmed and often retreat to a quiet room to seek relief and comfort
- ❖ HSP are very uncomfortable when they perceive that things are getting out of control; they often get a sense of comfort and well-being when alone, in a dark place, or around nature
- ❖ HSP can be very reactive to the stimulation in their environment as well as to internal stimuli, feeling like something is not right or out of place
- ❖ HSP are often very anxious and can react to other people's moods taking things very personally
- ❖ HSP are also exceptionally intuitive, caring, and compassionate; they are very empathetic and often become helping professionals
- ❖ HSP can be very intelligent, creative, imaginative and curious with an appreciation for music and the arts
- ❖ Highly Sensitive Children, HSC, often prefer quiet play, want the tags pulled off their clothing, ask a lot of questions, notice a lot of details, seem to be able to read minds, and may be shy or highly emotional
- ❖ HSC are usually gifted, creative, and empathic but can get overwhelmed easily by crowds, noises, changes, new situations, and the distress of others
- ❖ Parenting an HSC involves having a greater understanding than with most children including
 - creating calmness but using structure and firmness with clear limits
 - seeing their sensitivity as a gift and not a frustration
 - having empathy and focusing on their strengths
 - remembering they are reacting biologically and not willfully
 - avoiding harsh discipline and being more accepting

WHAT TO DO!

- ❖ Surround yourself with calm whenever possible
- ❖ Get enough sleep to soothe your senses and help cope with an overwhelming world
- ❖ Eat healthy foods regularly throughout the day and limit alcohol, drug, caffeine intake
- ❖ Wear noise-reducing headphones
- ❖ Plan decompression time
- ❖ Have a quiet safe place where you can retreat to get away from people and noise
- ❖ Structure your life to give yourself time and space to get things done
- ❖ Seek professional help if you are overreactive and highly emotional

WE CAN HELP!

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

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