

## **The Highly Sensitive Person's (HSP) Survival Guide**

*Zeff*

Change what you can in your life. Compromise with others about what you have no control over.

Be polite when asking people to make changes when you feel overwhelmed. Do not blame anyone who enjoys a lot of stimuli.

Find a balance between creating too much stimulation, which causes anxiety, and too little stimulation, which results in boredom.

Determine realistically when it is better to push yourself to deal with stimulation and when to avoid being overwhelmed.

It's helpful to arise at the same time on weekends as you do during the week so that you'll be sleepy on Sunday evening.

Create a morning routine. This will set the tone for your entire day. A peaceful evening routine will influence the quality of your sleep.

Begin your day with one of the following: praying, writing, self-reflection, reading a spiritually uplifting book.

Slowly eat a nourishing breakfast.

Leave plenty of time for your commute to work.

Spend some time every day pursuing quiet activities.

Being in control of how much stimulation you are exposed to, will decrease how much the stimulation will bother you. Example: being in control of the volume of the TV.

Learning martial arts may be beneficial for a feeling of self-discipline and self-control.

Limit your television time. Mute the commercials.

Take earplugs or a headset with you when you are going into a noisy environment.

Take breaks throughout the day for slow abdominal breathing.

Meditate daily. Just 1-2 minutes can make a difference.

Do a deep breathing exercise and mentally repeat the word "peace" or "calm" with each inhalation and each exhalation.

Begin progressive relaxation (visualize all the muscles in your body relaxing more and more.) Begin with your scalp, face, and jaw. Then continue relaxing all parts of your body, all the way down to your feet. With each exhalation, imagine the muscles becoming softer and softer.

A gentle massage may be relaxing. It's crucial for you to constantly give feedback to the massage therapist as to the degree of pressure that feels comfortable.

If you can't afford regular massages, you may want to take a massage class with your partner and trade massages.

Massage yourself in the early evening to release the stress of the day. Sesame oil calms the central nervous system, as it is the only oil that penetrates all 7 tissue layers. However, it is heating. When it is hot outside, try using cooling coconut oil.

Warm baths can be a wonderfully relaxing treat.

Make sure that you have a comfortable chair to sit on at home and at work.

Make sure that your bed suits your particular constitution so that your muscles are relaxed throughout the night.

Get plenty of gentle hugs every day. But never feel like you have to give someone a hug.

Giving and receiving unconditional love is uplifting.

Make sure that your house is free of noxious fumes.

Use natural cleaning products

Buying an air purifier can minimize indoor pollution and sanitize the air.

Essential oils, like lavender or rose can be effective against stress.

If you can tolerate the aromas, try using lavender, jasmine, and rose oils, as these alter brain waves to produce calmness and relaxation.

Check the filters on your air conditioning, heating units, and air purifiers regularly.

Avoid drinking ice water, since the cold can be a shock to the nervous system.

To cool down, try water with a little lime juice.

Drink lots of pure water daily to flush your system of toxins.

Drink chamomile tea to calm the nervous system.

Minimize intake of caffeine.

Occasionally turn off all the phones and other electric equipment for a short break.

Do some gentle stretching.

Go for a walk.

Try to avoid rush hour traffic

Arrive at your destination a few minutes early.

Drive in the slow lane and let all the harried drivers pass you by.

Listen to calming music while you're driving.

View a red light as a chance to take a slow, deep breath.

It is important to do calming activities in the evening, such as: reading uplifting books, writing, taking a bath.

Watching violent, arousing shows may actually suppress your immune system.

Buy a white noise machine for your bedroom if you cannot control the ambient sound.

The hum of a soothing fan, air conditioner, or air purifier also masks loud noises.

Wear earplugs while sleeping.

When travelling, always ask the hotel or motel clerk for a room in a quiet part of the building or complex.

Take a short break during the day and go outside to notice nature: the color of the sky, the deep green grass of the.

Surround yourself with calming colors, such as white, blue, green, and other soft colors. Bright shades of orange, yellow, and red can be over stimulating.

Adjust the lighting in your environment when you can.

Wear sunglasses.

Avoid bright lights late at night. It may not only interfere with falling asleep but may simply create too much stimulation for your nervous system. However, it is beneficial to expose yourself to light in the morning upon arising.