

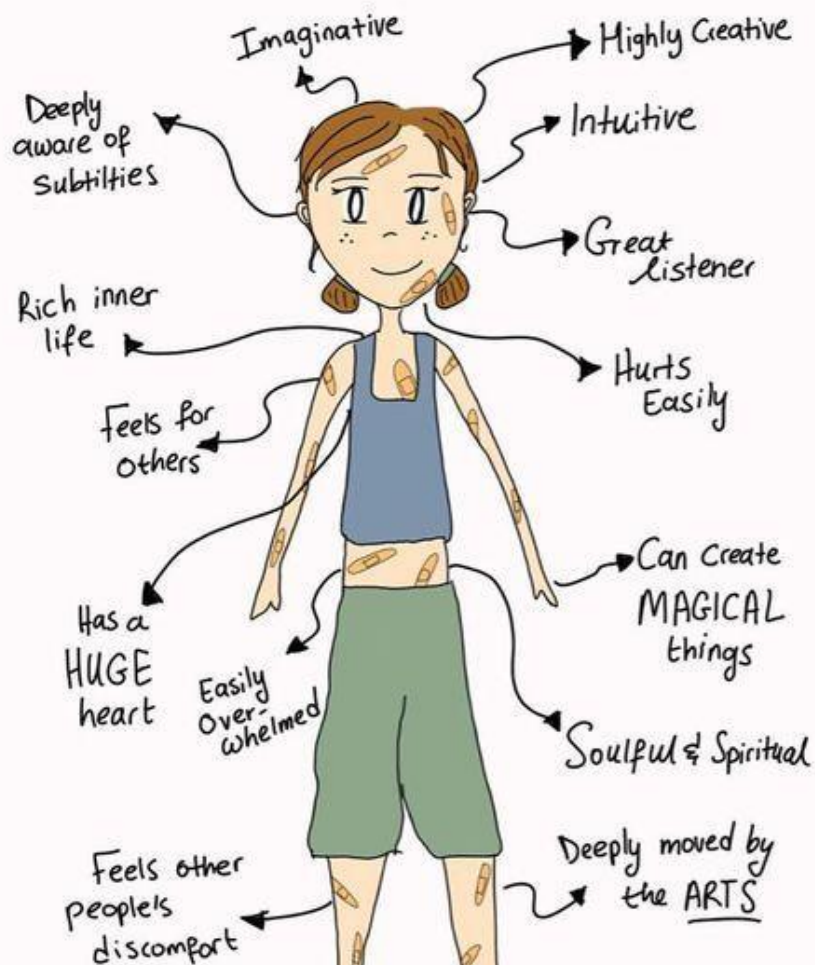
"Highly Sensitive and Highly Awesome!"

Workshop

by



The HIGHLY Sensitive PERSON



Being sensitive means being powerful. Embrace your sensitivities and see them as a unique gift and strength.



What in the World is a HSP?!

- A HSP is a Highly Sensitive Person
- You process stimulation (anything that is felt or absorbed through the 5 senses) **DEEPLY** from sights to sounds, to sensations and emotions
- You experience life “turned up” more than others do



HSP Traits

You're a HSP if you...

- You can't stand scary and violent movies and you hate cruelty
- If someone is in a sad or bad mood around you, it makes you feel tired and exhausted
- You need lots of 'alone' and downtime after a busy day with friends and family and after school
- You don't cope well with time limits such as speed tests or having lots to do in a short amount of time
- You're a deep thinker, you ask lots of questions and you learn quickly
- You need more time to adapt to changes and transitions and you are distressed by sudden changes
- You are easily flustered or worried, especially when trying something new or being watched
- You have difficulty falling asleep after a busy or exciting day
- You feel all emotions deeply and show empathy for others
- You have a strong connection with animals or nature
- You have vivid dreams and a very active imagination
- You are bothered by loud noises, bright lights, itchy fabrics and/or strong smells
- You try to be as perfect as possible in all that you do and say
- You are always trying to please others and win their approval

List below which HSP traits and behaviours you display as mentioned in the slide:

Is there any traits or behaviour you have that were not mentioned that you may think may be HSP traits?

What HSPs Need to be Happy in This World



BOUNDARIES

Boundaries is a BIG one for HSPs! **Setting boundaries means a set of guidelines, limits, or rules that you set for safe and permissible ways that people can behave towards you.** For example, do not let people snap at you, speak, or act disrespectfully towards you, lie to you, steal from you etc.

So for HSP's this could mean, people giving you space and time alone to process your feelings and reflect, saying a strong "NO" to people who pressure you, standing up to people and dealing with disagreements in a confident way, having little contact with people who always want to dump their problems on you without listening and supporting you in return, and staying away from negative people.

What are some boundaries you can set to honour yourself and your HSP traits?

FRIENDSHIPS



We all need friends. But for HSPs, we require deep connections to have great friendships.

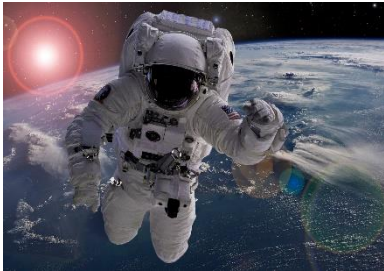
A deep connection with another means being able to fully be yourself without judgment, being able to have deep and meaningful conversations, just “getting” your friends and them “getting” you, sharing private jokes and secrets, having trust and reliability, and shared big experiences.

In friendships, HSPs must be able to talk about the BIG things in life like feelings, beliefs, the meaning of life, changes in our bodies, fears, love, the universe, and life, and death.

We need people who care about us as much as we care about them. And we need people to be as considerate, kind and as gentle with us as we are with them. We don’t need a lot of friends, but the friendships we do have, need to be close.

If you have a few friends who you connect with deeply, you are winning at life!!!! It’s not the number of friends you have, but it’s the quality of those friendships that matter the most. Nurture those deep friendships. Check up on these friends regularly, be there for them when they need you, call them just because, organise special get-togethers, surprise them with little gifts and acts of kindness and make their birthdays special. But remember, they also need to do the same for you in return.

Name some close friends who you connect deeply with or you would like to connect deeply with



SPACE

Space for HSPs is like a lifeline. Space for HSPs means having a calm, quiet place to retreat to. Having our own space makes us feel safe and in control. It also allows us to escape the overwhelm and busyness. It gives us a place to process through all the feelings and stimulation we’ve absorbed throughout the day.

Space also gives us an area to dream our magnificent and deep dreams and be creative without distractions. We can create our own special space by decorating

it with beautiful art, posters, pictures of loved ones and memories, special collectables, and pretty furniture.



A SLOWER PACE

A slower pace for HSPs is vital and it helps us to stop feeling overwhelmed. We need a slower pace to take in all the moments, beauty, details, and feelings around us. We need an unbusy schedule so that we aren’t overwhelmed by multiple activities and the thoughts and feelings that go into preparing for them. And finally, a slower pace allows us to concentrate deeply on one thing or task at a time so that our senses are not overwhelmed.



TIME

Time gives us HSP peeps space to process, to notice, and to absorb feelings and details. Time also gives us space to get organised, to feel out our feelings and to do things at a speed we're comfortable with. We need to be prepared for all occasions so that we're comfortable, so it takes time to get organised and gather our things. Finally, time give us space to put thought into which actions we will take next and to just be our wonderful, sensitive selves!



SLEEP

Because we HSPs process and feel everything so deeply, it can be exhausting! Daily life like going to school, participating in after-school activities and socialising, can be very tiring. So that's why we need sleep. And lots of it! Making sure you wind down before bed is the key to having a good night's sleep. Log out of all social media and put your phone on flight mode an hour before you go to bed. Journal out any thoughts or feelings. I like to call it "doing a thought dump". Try a 5- or 10-minute meditation from Smiling Mind (smilingmind.com.au) and reading a book. Aim to get around 8 to 10 hours of

sleep a night. Make sure your family and friends know how important sleep is to you for functioning and being healthy.



BEING IN NATURE, AROUND ANIMALS AND BEAUTY

HSPs feel the vibe and energy that nature gives us, we understand animals and their nature, and we feel all the feelings that an artwork or a piece of music summons in us. Being in nature calms us and makes us feel connected to the universe. Whenever you can, get outside for a walk.

Sunrise or sunset is especially good! Hug and play with your pet or watch cute animal videos or documentaries. For your art fix, visit an art gallery, look at art works online, scroll through Pinterest of artworks you like and

create a board, or create your own art! For music, listen to any sort or music that suits your mood, listen to music that makes you feel deeply, music that calms you, or music that lifts you up.



Navigating Socialising for HSPs

Socialising is harder for us because...

- Socialising is highly valued in our world and people think there's something wrong with you if you don't want to socialise. *NOTE: there's **NOTHING** wrong with you for not wanting to socialise!!!
- We get overwhelmed easily
- We have a fear of being rejected because we feel "different"
- Being with others makes us tired and worn out
- A lot of HSPs are introverts (you prefer spending time alone rather than with others)
- And we long to connect deeply with others but not everyone can handle our intensity



Tips to Survive Socialising

- You don't have to go to every party or hang out when everyone else is
- It's OK to spend time alone to recharge (but make sure you have your core peeps to reach out to when you need to)
- Only socialise with those people who make you feel good and care for and support you
- Say 'no' when you're tired
- Leave the party, event or hang out when you've had enough and are feeling overstimulated
- It's ok to sneak off to the toilet or a quiet place if you're feeling overwhelmed

What tips will you use to help you survive socialising?

HSP Superpowers!!!

- Your imagination
- You have an in-built "poo/fake" detector
- You notice all the little details and beauty in this world
- You feel ALLLLLLLLLLLLL the feelings
- You're creative
- Love deeply
- Intuitive (an ability to understand or know something immediately based on your feelings rather than facts)
- Empathetic (the ability to understand and share the feelings of another)
- You are reflective, self-aware and have emotional intelligence to the MAX!
- Amazing listener
- The ability to deeply connect with others

My HSP Superpowers!

Decorate this HSP Superwoman with your HSP superpowers



My HSP Self-Care Plan



WHY? Because I'm highly sensitive and highly awesome and I deserve to honour myself and this unique trait.

INSTRUCTIONS: Use the information from this workshop and your answers in this booklet to create a personal self-care plan just for you that honours you HSP-ness and helps you to thrive in daily life.

Things that I need to be happy as a HSP (things that also ground, calm and stop my overwhelm):

***NOTE:** HSP triggers are things that overwhelm you or overstimulate your senses

Things that trigger me as a HSP	How I will deal with my triggers
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

Behaviours towards me that I don't like, and I will not tolerate:

How I will set boundaries around these behaviours:

How I will honour friendships:

How I will navigate socialising:

I ROCK as a HSP because...

Signed: _____

Date: _____

Reflection



What are some of the things you've learnt from this workshop? What are the big things you'll remember and take away from this session?

Where You Can Find Me...



My business is called Sparks to Flames

Email: sparkstoflames1@gmail.com



www.facebook.com/sparkstoflames/



@sparkstoflames

Thank you for being a part of this workshop. Being a highly sensitive person forms who you are and makes you incredibly unique. Being highly sensitive is a gift, so embrace it! And remember, the most powerful person you can be is YOU.

