

Help for HSPs

13 coping strategies

1. Practice self-compassion: HSPs should practice self-compassion by being kind and understanding towards themselves when they are struggling or feeling overwhelmed.
2. Practice mindfulness: Mindfulness practices can help HSPs stay grounded in the present moment and manage their emotions more effectively.
3. Set boundaries: It is important for an HSP to set boundaries in order to help them to protect their energy, avoid burnout, and maintain a healthy sense of self.
4. Physical activity & diet: These can help to reduce stress, boost mood, and improve overall physical and mental health, which can be especially beneficial for individuals who are more sensitive to their environment and emotions.
5. Create a supportive environment: Environments that are calm, quiet, and peaceful can have a positive impact on HSPs. These environments allow HSPs to recharge their batteries, feel more centered, and improve their ability to focus and be productive.
6. Seek out support: HSPs should seek out support from people who understand and appreciate their sensitivity, such as a trusted friend or family member, therapist, or support group.
7. Develop a self-soothing toolkit: HSPs should develop a self-soothing toolkit filled with items that bring them comfort and peace, such as a favorite book, music, essential oils, or a comforting blanket.
8. Seek out sensory experiences & engage in activities that bring joy: HSPs should prioritize these activities, whether it be creative hobbies, spending time with loved ones, or simply taking a relaxing bath. HSPs should also seek out positive sensory experiences that bring them joy and comfort, such as soft textures, calming scents, or soothing music.
9. Practice self-reflection & self-validation: HSPs should practice self-reflection on a regular basis, assessing their needs and boundaries and making adjustments as necessary to prioritize their well-being. Also very helpful to the HSP is practicing self-validation by acknowledging their feelings and experiences as valid and important.
10. Journal your emotions & practice gratitude: HSPs can benefit from journaling their emotions as a way to process and understand their feelings, particularly by practicing gratitude by focusing on the positive aspects of their life and experiences.
11. Practice deep breathing: Deep breathing exercises can help HSPs calm their nervous system and manage feelings of anxiety or overwhelm.
12. Take breaks: HSPs should take breaks throughout the day to rest and recharge, whether it be a short nap or a few moments of quiet reflection.
13. Be intentional with social media: HSPs should be intentional with their use of social media, limiting exposure to negative or triggering content and seeking out uplifting and positive accounts.