

THE HIGHLY SENSITIVE PERSON

A lunchtime talk with Helen Goodwin ND

Monday 19 March at 1pm. Fee \$10. Bookings essential

It is estimated that between 15-20% of the population have inherited characteristics of the highly sensitive individual.

Who are HSP?

Highly sensitive people are extremely imaginative, creative and curious, they are known for being hard workers, great organizers and problem solvers. 'HSP' are also exceptionally intuitive, caring, compassionate and spiritual. They are equally blessed with an incredible aesthetic awareness and appreciation for nature, music and the arts, it's when these attributes are acknowledged and allowed to flourish that the highly sensitive person will find more ease and joy from life and relationships

How they respond

HSP have an over-responsive nervous system, which allows multiple stimuli to be absorbed. As a result of this over stimulation, highly sensitives are likely to become overwhelmed by everyday life, resulting in a low tolerance to noise, strong smells, clutter and chaos. Other symptoms of this state include anxiety attacks, angry outbursts and a sensation of having a very thin skin.

'HSP' tend to 'know' when an environment is not right for them and will avoid certain situations, or places in order to prevent themselves from feeling overwhelmed. This can cause them to feel like social failures, particularly in the 30% of the highly sensitive, who have extroverted and adventurous personalities.

Helen will provide a guide to living as an HSP with advice on diet, daily routine, exercise, bodywork and sleep.

