

From Surviving to Thriving: 5 Tips and Strategies for HSPs



01

SOOTHE YOUR SENSES

- Plan ahead (limit the amount of time you spend in places with increased stimuli)
- Find a safe space or room to take a break
- Practice Diaphragmatic Breathing (palm on heart/chest and palm on belly/abdomen)
- Emotional Freedom Technique (tapping)
- Create an energetic protection shield
- Say a prayer of protection (ask your guides for protection)
- Loud noises? Try ear plugs or tissue
- Flashing lights? Try sunglasses, tinted glasses, or shift your gaze downward
- Strong smells? Try your favorite essential oil to breath in
- Strong tastes? Try a mint, piece of gum, or throat drop

- Body Scan (notice where you can soften and breath from head to toe)
- Gentle Yoga (invite in slow, supportive poses and shapes)
- Somatic Movement (notice sensations, ask them what they need from you)
- Meditate (try a guided meditation or Yoga Nidra)
- Take time out to rest and process



02

LISTEN TO YOUR BODY

03

FEEL YOUR FEELINGS



- Remember who YOU are, a being of light and love!
- Recognize, label and manage your emotions through the power of pause
- Try an IFS (Internal Family Systems) Guidance exercise
- Take the time to process your feelings through rest, walking, journaling, etc.
- Create energetic shields to help protect you from the emotions of others
- Cut your energetic cords (or ask your guides to transmute this energy back to love)

- Have a plan! Take the time to research and plan it out
- Set boundaries (saying no thank you, time limits, crowd limits)
- Take some downtime to relax and process experiences
- (meditate, journal, yoga, read, warm bath, walk in nature, etc).
- Trust yourself and your intuition
- Be compassionate with yourself and give yourself grace
- You are enough! Remember you are already whole and perfect just you are



04

TAKE TIME TO PROCESS



05

EMBRACE YOUR INNER LIFE & LIGHT

- Choose quality friendships (not quantity) to create deep meaningful connections
- Make friends with other HSPs
- Spend some time exploring what makes you unique
- Let go of what you cannot control and practice gratitude
- Remember, being a HSP is your Superpower!