**Managing Symptoms of HSP**

There is a fine line when using labels as they are often misused and overused. I do believe labels have a place for some diseases and I also understand the validity for them. I believe labels can put too many people into a box that actually creates more harm than good. For the purpose of staying on topic; I will only address the use of labeling where it comes to the term HSP or Highly Sensitive Person/People. The HSP is a fairly new label being used for people who are literally more sensitive than others. This is neither a bad thing, or considered a disorder. What this label allows, is for people like myself to understand why certain symptoms are happening and to learn how to be better equipped in managing those symptoms. Understanding what it means to be a HSP is the hard part; managing it is the easy part so to speak.

There are a definite set of unique symptoms that may indicate if someone is considered a HSP. I believe that most people know without question they are different due to the symptoms being so pronounced in their life that it can be disrupting. Many HSP have some sort of psychic abilities which can be unsettling if not properly acknowledged and addressed. Up until a few years ago, HSP did not have a support system in the medical field. Many were considered weak minded which may have led to a misdiagnosis, or a hypochondriac of sorts. Many times a HSP will live misunderstood; which can leave them frustrated or perhaps depressed. Can you see how there can be an overlap with a diagnosable disorder and being a HSP which is not.

So now that we are more aware of what it is (refer to the trait list on the “form page”), we need to learn how to manage. The first step in managing your symptoms is to accept them and to see/use them as a gift. Speaking for myself, I never thought of being sensitive as a gift but that is because the message being sent was always that I was weak. Ironically, HSP are very strong people. This leads me to my second step. Do all that you can to research and learn about being a HSP. There are many symptoms that we know are associated with it but there are still many we do not. This label is far too new.

The third step is to identify which symptoms contribute to your sensitivity. Not everyone has the same exact of symptoms. Knowing your symptoms is helpful so when you experience them they may not be as uncomfortable or alarming. Make a list if you need to.

The fourth step is to figure out how your symptoms can be positive because they are. Regardless how people treat/ed you; I am sure you were also considered the nicest child, the most thoughtful or the kindest. Even if you were shy, you were trustworthy, honest, and loyal. Under all of the exteriors; deep down being HSP means you are a great friend, you are thoughtful, and you think of how actions will not only affect you but how they will affect others.

There is another side to being super sensitive. You are probably intuitive and an empath. This is not the same as being empathetic. You absorb other people’s energy and this can make you literally sick. Managing this component is necessary for a healthy and peaceful life.

Here is a brief list of suggestions to help create a balance in your life and possibly some relief to your symptoms:

1. Get plenty of rest.
2. Make time for yourself that allows you to recharge and regroup.
3. Eat whole foods and eliminate processed and sugary foods as they can wreak havoc on your system. This is more critical than you can imagine.
4. Do not consume much caffeine, if any at all.
5. Limit alcohol
6. Quit smoking
7. Do not partake in recreational drugs, and be careful of all prescribed medications. including OTC. These may give unwanted and uncomfortable side effects
8. Get some exercise. Personally, I think aggressive exercise can aggravate symptoms, not relieve them. Some calming exercises to try: walking, bike riding, yoga, Pilates, swimming, or light impact aerobics. Find what soothes you.
9. Stay away from negative people and those who bring you down.
10. Think positive thoughts.
11. Live in gratitude
12. Keep a journal
13. Create boundaries
14. MEDITATE
15. Keep on your own path and realize that you are right where you are supposed to be.
16. Do not compare yourself to others.
17. Understand crowds, restaurants, concerts, media (TV and radio) etc., are all sources for feelings of being overwhelmed and anxiety.
18. Only surround yourself with people who support you.
19. It is very important to learn to separate your energy from everyone else’s (easier said than done)

It may be necessary to imagine a bubble around you or a shield to block other energy. Or create a ritual of brushing other energy off you.

1. Keep in mind that you cannot fix everyone (nor should you want to) and by taking care of yourself, you can do a lot more good than when you are worn down.
2. If you are feeling anxious or depressed; always consult with a medical physician to determine if there is something else going on.
3. Always listen to your instinct!!

Sometimes living as a HSP can be very tiring and for some may be very overwhelming. If you find yourself struggling as a HSP, please reach out to Dr. Ramo, as your quality of life is most important and no one should suffer.

Many Blessings to you ~ a very special you