

5 Top Tools for Highly Sensitive People

1) Protect Your Energy. As a highly sensitive person, I have found it vital to clear and protect my energy on a daily basis. [Click here](#) to watch a how-to video with my favorite tools to do just that!



2) Calm The Senses. When sensory or other overwhelm bombards my system, one of my top go-to tools is a technique from Brain Gym called Hook-Ups. It calms my nervous system and returns me to a sense of safety. [Click here](#) to watch the how-to.



3) Call On Your Angels. When taxed with a decision, often I ask for support from my Angels. I say, “Thank you for revealing to me what I need to know and helping me choose with ease.” Then, I take time to quiet my mind - through movement, meditation, massage or a soothing bath - and listen for a clear answer that aligns with my soul and is of the highest good. If you need a new option to quiet your mind and supercharge your intuition, [click here](#) to enjoy my free Connection to Source meditation.



4) Commit to Self-Love. Refilling yourself takes practice!! I believe that self-care comes down to two main steps: 1) listen with love and 2) take loving action. In order to love yourself, you have to notice your own body, notice how you feel, notice what thoughts are running through your head. From there and with that awareness, you can then take loving action to support yourself, refill your energy or just soothe your soul. This doesn't have to be complicated!! Sometimes it's as simple as taking a deep breath, stretching your body or saying to yourself that you are loved, you are enough, you are forgiven, etc. For more support and inspiration, [click here](#) to read my article in *The Perpetual You* magazine, “Exquisite & Extraordinary: The Gift of a Daily Self-Care Practice.”



5) Create Boundaries. Avoiding total shutdown often comes from setting clear boundaries and/or asking for help. When you start to lose your center, make space in your life and calendar for more love. This can mean an entire down day or just 15 minutes in a restorative pose with no distractions. In order to achieve this space, it sometimes means handing a task on your list to someone else or asking your spouse or friends to watch your kids for those 15 minutes. Or, it's asking the Angels to lovingly make space in your life. Bottom line, ask for and be open to receiving help. If I have learned anything in my journey, it's that we can go so much farther when we go together.

If you desire more support and a community as you continue to navigate life as a more sensitive being, [click here](#) to learn more about my new online course: ***Abundant Living For The Sensitive Soul.***



Continue to love, accept and honor who you are.

You are a gift and we need you.

Big love,
Kelsey