

14 Success Strategies For Highly Sensitive People

Description

This is the second article in a series on **Highly Sensitive people**.

What does it mean to be a **Highly Sensitive Person**? Do you want to know if you qualify... read this article: [23 Signs That You Are A Highly Sensitive Person](#).

How do you thrive as a Highly Sensitive Person?

Here are **14 Success Strategies for Highly Sensitive People!**

1. Accept your sensitivity

Your sensitivity is a gift. I know it doesn't always feel like it. But it is. I spent more than half of my life denying that I was highly sensitive. Until you acknowledge and say "yes" to your sensitivity you cannot begin to learn the tools that will help you leverage that sensitivity into a positive benefit.

2. Empower your sensitivity

It has taken me many years to get to the place where I can truly claim my sensitivity and use it as a powerful tool on my journey of self-discovery and deliberate creation. As a Highly Sensitive Person in an often over stimulating world, dampening your sensitivity sometimes seems like the best solution. And while that may be helpful, and even necessary, at first, ultimately you want to empower your sensitivity and turn it into a powerful ally in the creation of a truly brilliant life.

3. Connect with other sensitive people.

It is very easy to get caught up in the stress and overload of our frenetic, chaotic world. Sometimes it seems as if there is no one else as sensitive as you. And from that thought it's a short slide down the slippery slope into feeling like you are crazy or weird or strange. So find some other folks who are highly sensitive and create a support group where you can go for encouragement and to remind each other that you are not alone and that you are not crazy. One important note on this: This group is not a complain and whine group! The point is not to compare notes on how horrible and insensitive the rest of the world is. You connect with other Highly Sensitive People in order to know that you are not alone and discuss ways to leverage your sensitivity to create positive changes in your lives!

4. Hang out with successful, not-so-sensitive people.

I know this seems like a contradiction of the last one. But I have seen it happen (in myself and others) where a sensitive person basically says "screw you" to the rest of the world and all of the less sensitive people and finds someplace to curl up in a little ball and hide. While this can certainly be a beneficial and sometimes necessary short-term strategy, it's not an effective long-term solution. Those of us who are highly sensitive can learn a lot from people who are not sensitive. So find some not-so-sensitive people who are successful and begin hanging out with them. Observe them. Learn from them. Watch how they move through the world. Not so that you can dampen your sensitivity but so that you might learn how to bring your sensitivity into the world in a balanced manner.

5. Have a regular practice of "mindful exercise."

Exercise is important for everyone. But especially so for Highly Sensitive People. Moving your body helps to get any environmental, emotional and energetic toxins out of your system. While any type of exercise is beneficial, workouts that incorporate your mind, body and spirit can be especially helpful. Try things like Yoga, Tai Chi, Akido. and Pilates. Dancing and rock-climbing can also be great opportunities for the body, mind and spirit to move. The bottom line is to find a form of exercise that touches YOUR body, mind and spirit.

6. Find successful HSP role models

Do you know any Highly Sensitive People who have learned to not only survive in this world, but thrive in it? What lessons can learn from them? What life strategies can you emulate? If you can't find role models in your own life, look in the wider world. What teachers, authors, artists, and entrepreneurs (yes there are successful AND highly sensitive entrepreneurs) can you find? Once you find them, again look for lessons and strategies that they are using to leverage their sensitivity into success.

7. Gently push yourself beyond the level of your sensitivity

Your sensitivity is a gift and strength. But in order for this gift to be of any value to you and to the world, you must learn how to put it into use. That means you have to stretch yourself and bring your sensitivity with you into places and situations where it feels uncomfortable. Just as you build muscle mass through resistance, you increase your ability to bring your sensitivity into the world by practicing and exercising.

8. Know your limits

Don't push yourself so far that you blow a fuse! Become aware of the internal signals that let you know you are reaching maximum capacity. And when you notice them back off. You want to push yourself and strengthen your sensitivity, but not to the point where it causes you to blow a fuse!

9. Set up a consistent self-care routine

As a sensitive person you need more self care than others. Don't compare yourself to less sensitive people. Get clear on your needs and take steps to ensure that those needs are met. If you need a massage every week, get one. If you need to take a bath with sea salts every night, do it. Your sensitivity is of no use if you are not able to function in the world!

10. Connect with nature as often as possible

If there is one consistent theme I have found among sensitive people it is the restorative capacity of nature. Even if you live in a city get outside every day. Connect with a tree. If you don't want to look strange, pretend you're leaning up against it waiting for some. But while you're there, feel the restorative, grounding energy flowing through that tree.

11. Create safe spaces

It is very important for sensitive people to have safe spaces to go to when the world gets overwhelming. You need to know that no matter what is happening in the wider world, that you have a safe space, a sanctuary to which you can return and restore yourself. Ideally, your home is your sanctuary. If it's not, start by taking a small space and turning it into a safe, private, sanctuary where you can go when you need quiet and solitude.

12. Limit your exposure to news

In some ways, this one suggestion may be the easiest and most powerful success strategy for Highly Sensitive People. And yet, I find it amazing how often this suggestion triggers people. They feel that if

they don't read the newspaper they'll be missing out on important information. My response is that if reading the newspaper makes you feel like crap what good does that information do for anyone. I would much rather see you feeling great and doing positive things in the world, than see you feeling depressed and hopeless because you're reading too much news.

13. Explore energetic healing modalities.

Try acupuncture, homeopathy, Reiki, energy medicine, flower essences and other forms of energetic healing. When you find one that works, schedule regular sessions.

14. Learn how to create positive energetic boundaries.

There are wonderful resources that can teach you to setup positive energetic boundaries. Read books by [Caroline Myss](#), [Donna Eden](#), and others. Once you venture into this world you will be amazed at how easily you are led to the information and teachers you need to get learn how to thrive in this world!

If you are a Highly Sensitive Person, I encourage you to begin using some of these strategies. Look through the list and pick one or two of these that resonate with you and begin integrating them into your daily life. You may be surprised at how quickly and dramatically your life can change when you actively employ success strategies specifically designed for Highly Sensitive People.

Please leave a comment below and let me know which of these strategies you already use and what other techniques you use as a sensitive person in this world.

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