

Highly Sensitive?

5 KEY
INDICATORS
&
WHY THE WORLD
NEEDS *YOU* TO
STOP PLAYING
SMALL & STEP
INTO THE
GREATNESS YOU
WERE BORN WITH

NINA KHOO



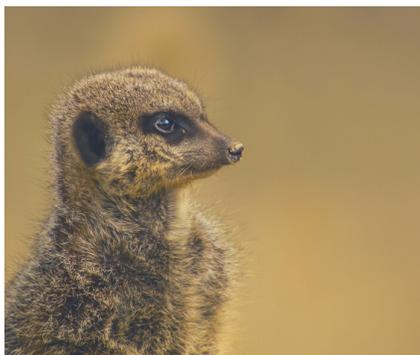
Highly Sensitive

WHAT'S THAT?

If you've been told 'You're oversensitive', & to 'Stop overthinking & just let it go!', throughout your life, you're probably the 1 in 5 of the population with the naturally-occurring temperament trait of High Sensitivity.

You were born with a highly responsive nervous system & a brain that takes in more information than others. You're *not* broken & you certainly don't need fixing!

The trait has been found in over 100 different animal species, leading Evolutionary Scientists to conclude that High Sensitivity is a trait that's essential for a species' survival. It's the Highly Sensitive population who notice & react to the first signs of danger in an environment & alert the others – this is how they keep themselves & those around them safe. A super important role!



First-Alerters

HSPs are wired to notice & alert others of the first signs of danger



Busy Brain

fMRI studies have shown the Highly Sensitive brain takes in more information than a non-Highly Sensitive brain & processes it more deeply



Orchids vs Dandelions

HSPs are like Orchids - with specific care & attention they thrive, unlike Dandelions that survive in just about any conditions

How do I know if I'm Highly Sensitive?

5 Key Characteristics

The easy way to work out whether you or those around you are Highly Sensitive is to remember the acronym D.O.E.S. If you have all 5 of the following characteristics - to any degree - then you're a Highly Sensitive Person.

D DEPTH OF PROCESSING

Highly Sensitive People process information more deeply. They relate & compare what they notice to past experiences. This deep processing takes place whether they're aware of it or not, & means they have great intuition. When making decisions, HSPs can take longer than others, because they consider all the options carefully.

O OVERSTIMULATION/OVERWHELM

This Depth of Processing can lead to Overstimulation. If you're noticing so much more than others, all the time, it follows that you'll be worn out from having to process so much. This overstimulation can come from complex situations where you're having to remember lots of things, intense situations which are noisy or cluttered, or situations that go on for a long time.

E EMOTIONAL REACTIVITY

HSPs react more to both positive & negative experiences. Studies have also shown that HSPs who had good childhoods will react especially strongly to positive experiences.

& EMPATHY

When not Overstimulated or Overwhelmed, the HSP has a great capacity for empathy. They can feel what others feel, positive & negative, again with stronger reactions to positive emotions.

S SENSING THE SUBTLE

HSPs notice small things that others miss. They're also really good at seeing the Big Picture. When they're tired or overwhelmed though, this ability can go out the window.

Strengths & Challenges

OF BEING HIGHLY SENSITIVE



Strengths

Being able to:

- think deeply
- show empathy
- notice things that others overlook
- relate them to the Big Picture

are all advantages that Highly Sensitive People naturally have.

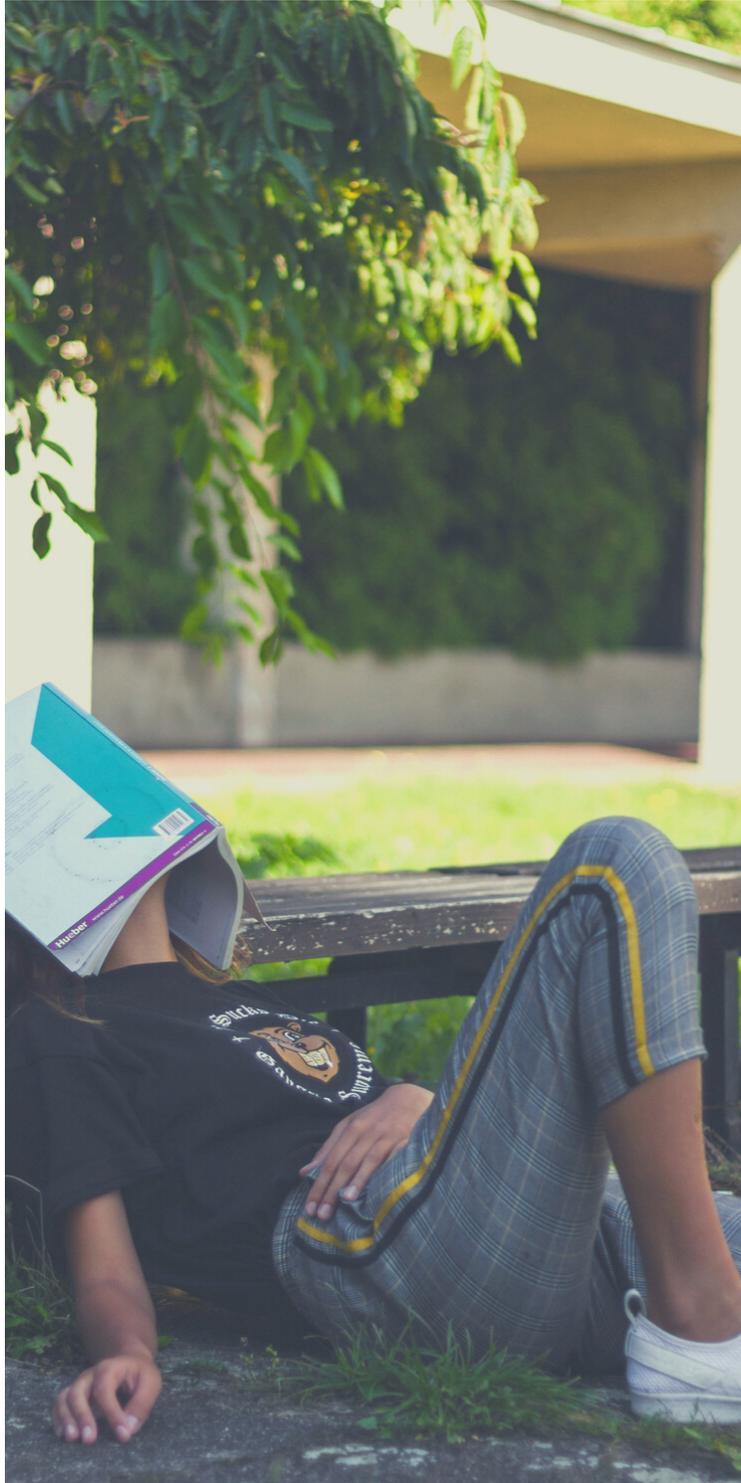
In fact, the social commentator & author, Daniel Pink, has even highlighted these characteristics as the traits that a company's employees need in order for the company to thrive rather than go under. After all, you can't outsource or train people to have these abilities – they tend to be innate.

These abilities mean Highly Sensitive People tend to be the 'royal advisors', innovators, great artists & social reformers.

Some notable examples of Highly Sensitive People: Gandhi, Martin Luther King Jr, Abraham Lincoln, Mother Theresa, Leonardo da Vinci, Albert Einstein & Jane Goodall.

Strengths & Challenges

OF BEING HIGHLY SENSITIVE



Challenges

When HSPs don't practise consistent self-care or pay attention to the environments they spend time in, Overstimulation & Overwhelm result.

Self-care isn't a 'nice-to-have' for those who are Highly Sensitive. *It's an absolute necessity.*

Scary fact – HSPs can be more likely than others to develop auto-immune illnesses such as Chronic Fatigue Syndrome. This comes from having highly responsive nervous systems, meaning we can live in a state of fight or flight much of the time. However, if we consciously & consistently activate our parasympathetic nervous systems (i.e. our relaxation response) & practise good self-care, this doesn't have to be the case.

HSPs also tend to be conscientious, perfectionists & people-pleasers, meaning we can spend all our time putting others' needs before our own & eventually burning out. This happens at home & in work situations.

As long as we put ourselves first though, & take care of our needs before others', we can & do THRIVE as HSPs.



Our World is grappling with serious problems - climate change, the mass extinction of multiple species, excess consumption...

We desperately need those who are Highly Sensitive, who think deeply, see the Big Picture & are able to identify solutions before others, to step up & make their important voices heard. That's what HSPs are wired for.

We need to start seeing our High Sensitivity as the gift that it actually is, rather than succumbing to the negative view of sensitivity being a weakness.

Sensitivity isn't a weakness, it can be your superpower.

Those of us who are Highly Sensitive need to start using our innate abilities to become Conscious Leaders & help preserve the good in our World.

Whether you're a Parent, an Entrepreneur or an Employee in a company, *your* Highly Sensitive voice needs to be heard.

HSPs are the Creative Visionaries, the Heart-Centred leaders of our World, & the World needs you now, more than ever.

Please take the time to learn more about your Highly Sensitive Trait & how to stay in your strengths so you can Thrive & make the difference you're here to make.

“You were born to be among the advisors and thinkers, the spiritual and moral leaders for your society. There is every reason for pride.”

Elaine N. Aron

Get In Touch

When I realised I was Highly Sensitive, it was like finding the 'right' user manual to my life. Years of psychology & personal development studies finally came together, & I went from being a stressed-out mother of 2, struggling through the days, to a healthier, purposeful business-owner on a mission to raise awareness of the Highly Sensitive Trait. If you'd like to learn more about your trait & how you can thrive in a World that doesn't (yet) value sensitivity, please get in touch. I'd love to hear from you!

Email: info@ninakhoo.com

Warmly,

Nina x

