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My Top 10 Survival Secrets or Life Hacks for HSPs & Empaths

Discover some coping skills or life hacks for HSPs and Empaths and learn to even out the ups and downs in your life.



Do you often feel overwhelmed by things that don't bother most people?

Do you feel emotions strongly, and often have thoughts, feelings, and sensations that you just can't explain? In the course of a day do you sometimes swing wildly from happy, to sad, to fearful and back up (hopefully) to feeling good?

You don't have to be an HSP (highly sensitive person) or Empath to find useful information in this resource.

Do you have times when life just seems difficult or overwhelming?

We all have times in our lives when things feel difficult, chaotic or overwhelming. Life seems harder, you tend to be more affected by the people, circumstances, and energies around you. Even if you wouldn't normally describe yourself as sensitive, you may find yourself feeling unusually triggered or unable to cope.

What's going on?

Chances are you are reacting to energy and emotions from people, places and things around you. We all have times where this can be an issue, and these tips can help. If this sounds like your life on a regular basis, you are most likely an HSP (highly sensitive person), as explained by Elaine Aaron who has pioneered research into this area of sensitivity that is experienced by only 20% of the world's population.

If you have known for a while that you're an HSP, I hope you have learned some ways to "deal with it". Even so, you may still often feel like you just can't quite cope with it all. That's why we've written this article about our favorite tips or life hacks for HSPs and Empaths. We trust you'll learn a few things that will be of help in your daily life.

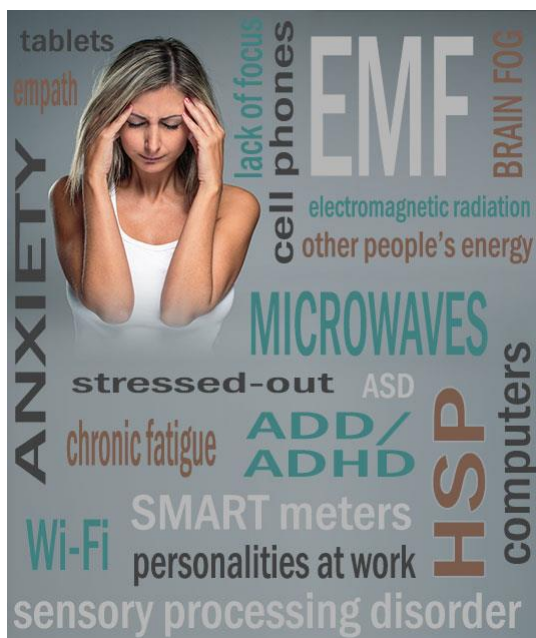
My biggest life hack was my BioShield

You may want to seriously consider getting a [BioShield](#) to help deflect much of the overwhelm and help you stay more balanced and focused. I got a Shield in 1994 and [it changed my life](#) and it's greatly improved the lives of countless thousands of people since 1990.

My top ten survival secrets or life hacks for HSPs and empaths can make a huge difference in the ease of your life.

1. **Lighten up on yourself** – no more self-judgment for "not being like everyone else". You were wired differently and that puts you in a category with only about 20% of humanity. You're special, not flawed.
2. **Make a choice, Gift, or Curse?** You have a choice about how you look at your sensitivity. You decide is it a gift or a curse? You can view it as a valuable tool that allows you to know information that most people aren't aware of. For example, you may be really good at knowing when someone is telling the truth. You may have a strong intuition that will guide you if you listen to it.
3. **Be aware of when you have "taken on" someone else's emotions, energy or pain.** Often just acknowledging that what you're feeling isn't yours will allow you to release it and shift. Take 10 deep breaths and visualize that energy leaving you, and filling you with love instead.
4. **Plan time to relax** – Most HSPs do better with schedules that aren't completely packed and not spending a lot of time in crowded, noisy or challenging environments. After a challenging day or big event, give yourself the gift of time. Just that one change can make an amazing difference in your life.
5. **Give yourself enough time to do things** without rushing or hitting the panic button – Many HSPs are easily overwhelmed by sudden changes of schedule. It helps to be able to plan ahead and make sure that you have the time you need to get things done at a more even pace. When your to-do list begins to get out of hand, ask yourself if all those things are really necessary. You'd be surprised at what you can let go of if you simply give yourself permission to not try to do it all.
6. **Create a calm, organized space in at least one room** – this is especially important if you live with others. You truly do need a quiet place to retreat from the noise and hubbub – especially if you live with someone who likes to watch the news, violent or aggressive shows, or other things that tend to be loud and are far from relaxing. This can be a bedroom, study, even the bathtub.

7. **Surround yourself with beauty and nature** – Decorate your home in a way that is soothing and relaxing. Spend time in nature, even if it's just a short walk, or look out the window at trees or flowers. An inexpensive bouquet from the grocery store can be a huge mood booster.
8. **Avoid crowds** – This probably doesn't even need to be said, but be honest about what you enjoy. If you don't enjoy a packed stadium with screaming fans, find another way to cheer for your team or spend time with friends. Shop during less crowded times, go to matinees, find those unique out-of-the-way coffee shops and restaurants and you'll enjoy yourself much more than in a loud, crowded place.
9. **Learn ways to deal with triggers** – You don't have to stop doing the things you love, just plan ahead. When traveling wear noise-reducing headsets, listen to audiobooks or calming music, you might even want a white noise machine to help you sleep in strange surroundings.
10. **Set a routine** for when you go to bed and get up. Try to keep close to the same schedule, even on weekends. Before bed allow yourself some quiet time to allow yourself to release the stress of the day and relax. I've found it immensely helpful to start my day off calmly with a cup of coffee or tea, a magazine, and maybe even a notepad to plan out my day. Jumping out of bed, into the shower, and dashing out the door with a poor breakfast can leave you feeling jangled and unbalanced all day.



If you haven't already done so take one or both of our quizzes – [CLICK HERE to take the quiz](#). Scroll down the quiz page to the HSP/Empath quiz.

[Click Here](#) Read more about what it is to be a **Highly Sensitive Person**. This is a series of articles you may want to check out that will give you more information and perhaps make things a little more clear for you.

[Bonus Tip](#) Wear a BioElectric Shield and combine it with these other tips and you'll find your life is much more manageable.