

Description:

An HSP, or Highly Sensitive Person, is a person who has been proven by science to respond to the world differently. You may be more sensitive to light, sound, stimuli, people, and the emotions of others. Being an HSP comes with a unique set of gifts and challenges. While you are more attuned to the beauty around you, you may also be more aware of the dangers. In this talk, we cover how HSP's are wired, the science behind HSPs, how you can protect yourself as an HSP, and how you can care for yourself as a Christian HSP so you can share your gifts, love and help others, protect yourself, and do the healing work, at the same time. We cover twenty-one strategies to protect yourself through boundary setting, self-care practices, and protecting yourself as a Christian HSP in particular. God made you how you are because He wanted you exactly as you are, and you have a right to protect yourself as an HSP so you can live a happy and productive life.

Sources:

Episode 14, Season 1, What Is An HSP? was mentioned early.

<https://christianemotionalrecovery.com/episode/episode-14-what-is-an-hsp>

YouTube video, Ten Ways to Set Healthy Boundaries was mentioned in the talk.

<https://christianemotionalrecovery.com/episode/episode-18-season-2-ten-ways-to-set-healthy-boundaries>

Coming out of the F.O.G is a podcast mentioned that can help you overcome Fear, Obligation, and Guilt. <https://youtu.be/fqru-2OIIXM>

The Highly Sensitive Person: How to Thrive in a World That Overwhelms You by Elaine Aron,

<https://www.amazon.com/Highly-Sensitive-Person-Thrive-Overwhelms/dp/0553062182>

"The Art Of Boundary Setting for Highly Sensitive People" in *Highly Sensitive Refuge* by Joseph Hounouvi

<https://highlysensitiverefuge.com/the-art-of-boundary-setting-for-highly-sensitive-people/>

"Five Ways to Protect Your Emotions as an HSP" by Kacey Hayes in *Highly Sensitive Refuge* <https://highlysensitiverefuge.com/5-ways-to-protect-your-emotions-as-an-hsp/>

"5 Protect Techniques for Sensitive People" by Judith Orloff, M.D. in *Psychology Today* <https://www.psychologytoday.com/ca/blog/the-empaths-survival-guide/201804/5-protect-on-techniques-sensitive-people#:~:text=Shielding%20is%20a%20quick%20way,situation%2C%20put%20up%20your%20shield.>

"12 Self-Care Coping Skills for Empaths or HSP to Prevent Burn Out" by Heather Timm MA, LPC in *Courageous and Mindful*

<https://courageousandmindful.com/12-self-care-coping-skills-for-empaths-or-hsp-to-prevent-burn-out/>

"Are You a Highly Sensitive Person?" by Elizabeth Scott, PhD in *Very Well Mind*

<https://www.verywellmind.com/highly-sensitive-persons-traits-that-create-more-stress-4126393>