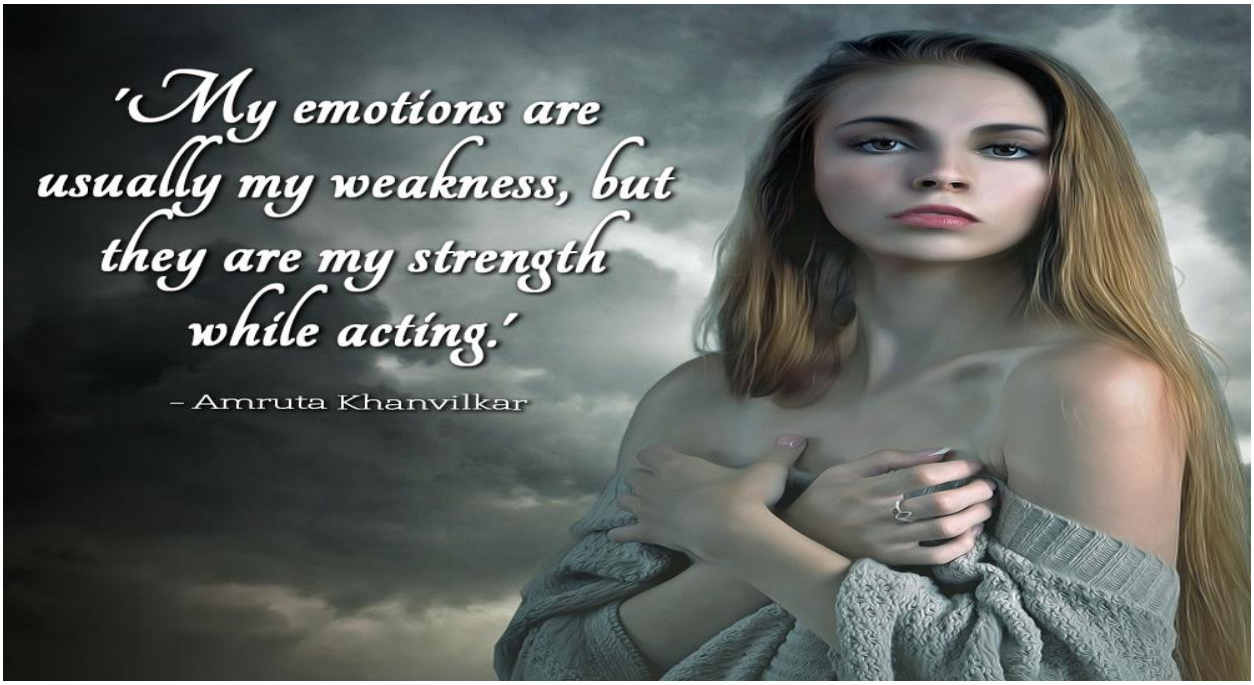
Take Control of Your Emotional Health
Part Five.



How Can You Overcome Emotional Sensitivity?

To *feel* intensely and deeply is often perceived as a weakness. This world can sometimes be harsh as people are in a constant hustle to get things done. Being *strong* emotionally is typically associated with being thick-skinned and confident. The idea that emotional sensitivity is a characteristic of broken, weak people who should just put up with it - couldn't be further from the truth.

Too much of anything is not good; and this applies to personality traits, like emotional sensitivity. Being too confident gives the illusion of arrogance. Likewise, being too emotionally sensitive elicits a tone of frailty. The two are on opposite ends of the spectrum. Polar opposites.

It is very important to us all to find an emotional balance, so we are not constantly jumping from one extreme to the other. Not only does it drain our mental resources but can certainly take a toll on our physical health as well.

To enable our personality pendulum to keep swinging in a steady and manageable rhythm, try some of these useful tips and strategies for overcoming emotional sensitivity:



Accept that Being Sensitive is <u>NOT</u> a Flaw!

Many of us have been socially conditioned to believe that 'Sensitivity' is a shortcoming of our own personality. That belief if not at least outdated, is certainly incorrect.

For some people, being more in-tune to their own feelings along with the feelings of others is often more pronounced. However, that does not mean that these people have a blemished character or, are in some way defective in their personality.

So, we must learn to stop the negative self-talk and defeatist attitude towards this amazing thoughtful and caring and trait.

Emotionally sensitive people often feel that they are inferior as they perceive that their "stronger" counterparts appear to handle similar situations and tasks with apparent ease. Sometimes tasks do take longer than anticipated and being over-stimulated, emotionally reactive and acutely mindful to detail, can cause physical and mental exhaustion.

Being afraid to express feelings and emotions is equally tiresome. Always trying to hide their feelings, or worse still 'fake' them to please or make others comfortable, is another area that emotionally sensitive people have issues, such as anxiety and stress.



When feeling particularly stressed or overwhelmed about a specific person or particular situation, reframe and try again. Find the positive counterpart to every negative feeling and/or the assumption of oneself.

Current Opinion	Reframed
Slow to make simple decisions	➢ Careful and thoughtful decision making
Gets very upset for making a wrong decision	➢ Passionate about endeavors
Isolated introvert	➢ Comfortable spending time alone
Extremely detail-oriented	➢ Organized and neat
Afraid of offending people	➢ Great manners and social etiquette
People-pleaser	➢ Unselfish and cares deeply about others

Develop Healthy Habits

We have to remember to take care of our bodies; both physical and mental. After all, we are only given one life and that has to last us. To avoid feeling overwhelmed and exhausted, be sure to get enough quality sleep and try to eat a nutritious and balanced diet.

You would never expect a car to run without fuel or keep going indefinitely without regular servicing and maintenance. It is equally true for us; our bodies are a truly amazing finely tuned biological machine, that we need to take the utmost care of. Starving ourselves of the essential nutrients and stimulus that our bodies need is a sure way to mental and physical deterioration.

"Take care of your body.

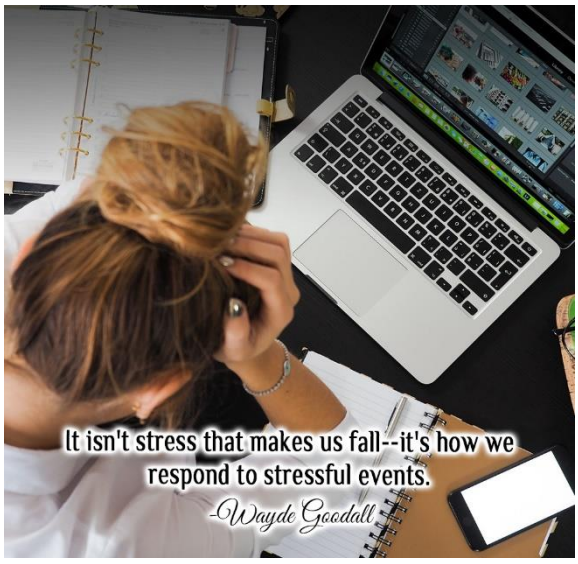
It's the only place you have to live."

~ Jim Rohn ~

Frequently ‘running on empty’ will, inevitably to lead to a physical or mental breakdown, or possibly even both. Conversely, when the body is over-stimulated, you should consider that it might not just be a situation or person that is elevating the anxiety levels, the body also has to cope. In today’s world, many people turn to Caffeine based drinks such as Coffee and Energy drinks (As well as other stimulants) to get the blood flowing. You should be mindful of the fact that Caffeine is a stimulant which increases the circulation of chemicals such as Cortisol and Adrenaline. In small doses, Caffeine can make you feel refreshed and focused and can temporarily assist you with keeping up with the hustle and bustle of everyday life.

However, you should be aware that Caffeine can also be the cause of Insomnia, nervousness and restlessness, stomach irritation, nausea, increased heart rate and respiration, as well as other side effects such as Headaches, Anxiety and Chest Pain. In an emotionally sensitive individual, this could act as a trigger and the resulting cost could be far more than it’s worth.

Apart from the importance of taking proper care of the physical body, we need also to maintain a balanced mental state. Mindful meditation, Yoga and Prayer are examples of how some people are able to focus and quieten the mind, body and spirit. Do whatever is calming and removes the chaos of life, even if it is just for a few minutes a day. Using a recognized calming exercise as a ‘rescue measure’ during stressful times is great, but doing it regularly is being proactive and helps make the episodes not as dramatic or all-consuming.



Point Out & Appreciate the Positive

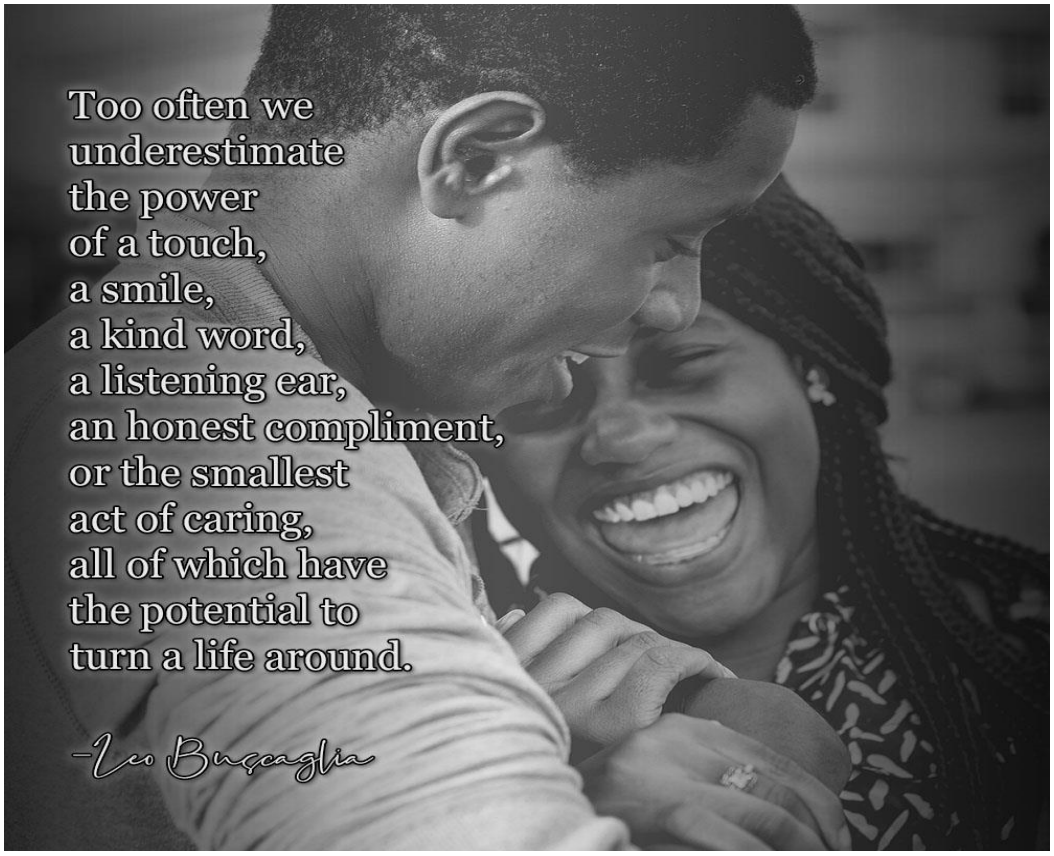
Sometimes the dark clouds make it hard to see the sun, but that doesn't mean it's not there. A rainy day might be gloomy to some, but others choose to dance in the rain. It's all a matter of perspective and finding the good in any situation.

"If you want the rainbow,

You gotta' put up with the rain!"

~ Dolly Parton ~

There is generally nearly always something good and positive underneath the grit and grime of any event. Strive to train the brain to look for the good in something instead of instantly noticing the bad or negative aspects.



Create a Safety Plan

Give careful consideration to your well-being, when the stimulation and mayhem has escalated to a point that it seems just too much to bear. Ensure that you have a 'rescue plan' that can be initiated at any point in time.

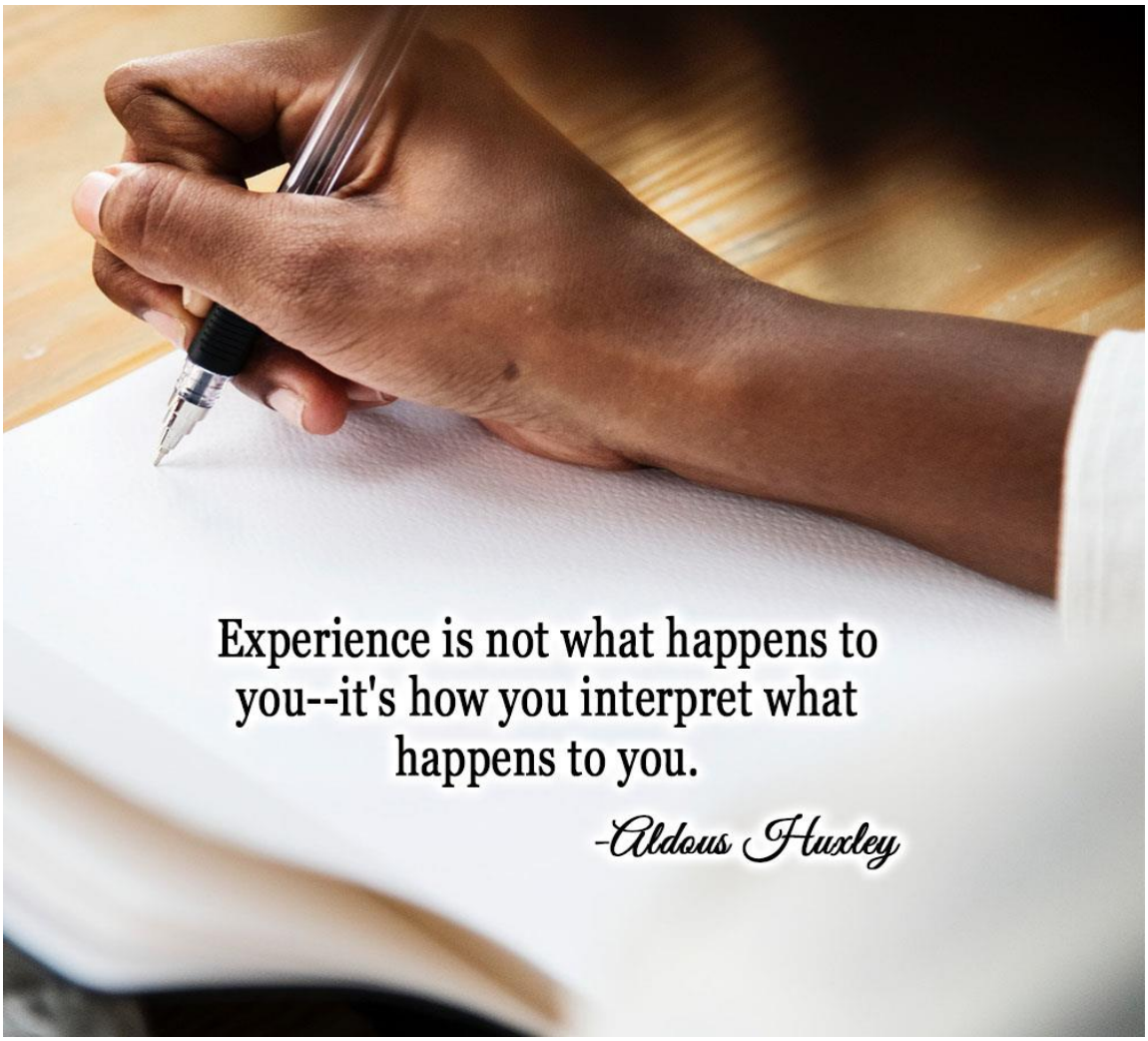
Being emotionally sensitive isn't something that can (or should) be completely rectified, just altered a bit (or reframed as mentioned earlier) so things aren't quite as devastating. There will be times when emotional overload seems eminent. Create a safety plan such as the one below: -

- **Retreat! Go to a quiet, empty area.**
- **Think! Search memories for something pleasant, happy, humorous and replay it over in your mind's eye.**
- **Listen! Find something funny to watch or upbeat music.**
- **Remember! It isn't the end of the world. For this planet, the survival rate of bad days has been 100% so far.**

Whilst working through the tips and strategies above, do keep this one **vital** point in mind: **It's okay to be sensitive**. It is absolutely normal and signifies a beautiful personality trait. Yes, there are challenges and always will be but, there are also hidden strengths that can be drawn upon. Life is always going to deliver an ebb and flow; how we choose to spend that time is entirely up to us.

"It's not the situation, but whether we react negative or respond positive to the situation that is important."

~ Zig Ziglar ~



We sincerely hope that you have enjoyed this latest article, enabling you to discover the huge benefits of good emotional health, and of course we welcome any comments or observations that you may have.

In Part Six, we will look at How You Can Release Emotional Triggers in Relationships!

In the meantime, I wish you every success on your life's journey!

Until Next Time / ... ***Jonathan.***