

MAKING SENSE OF YOUR HIGH SENSITIVITY

Andrea Gibboney

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Your Sensitivity Is A Career Superpower. Here's How To Use It

This simple, concise book steps beyond a basic understanding of high sensitivity, looking at the challenges and distress that meltdowns can cause for highly.

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Making Sense of Sensitivity at School - The Highly Sensitive Child

Sensory processing sensitivity (SPS) is a temperamental or personality trait involving "an increased sensitivity of the According to the Arons and colleagues, people with high SPS make up about 15-20% of the population. refers not to the sense organs themselves, but to what occurs as sensory information is transmitted.

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As with ADHD, being aware of it makes you realize that you're not alone. " Recognizing their high sensitivity can help people stop feeling bad about.

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The symptoms of hypersensitivity, common among adults with ADHD include the following: . An office worker may feel agitated upon arriving to work every day but fail to recognize how a messy cubicle may be contributing to his or her emotional well-being. Archived from the original on February 4, I have moved up in the social order having come from humble and destructive beginnings. They're more prone to anxiety or depression but only if they've had a lot of past negative experiences. On the contrary, you might be surprised to know that recent workplace performance research confirms what psychologists have known for years: managers consistently rate people with higher sensitivity as the best performers in their organizations. Some extraordinary qualities of HSPs include: Conscientiousness to make an extraordinary effort in undertaking tasks. Get Listed Today. But the truth is you likely have a huge amount of untapped value to share with your co-workers, clients and in your career as a. That was enough caffeine to allow me to somewhat cope.