

A Winter's Day HSP Gift for You ~ Find an HSP to connect with this week

Dear HSPs,

How unlike me it is to connect with you in this way more than once every four to six months ! Yet today, I took a moment to :

Stop, Recognize, Allow, Engage, and Integrate  
a welcomed, felt sense of connection.

This idea to stop, recognize, allow, engage, and intergrate (with positive emotions) is from Dr. Rick Hansen, whose work you might enjoy.

His latest book is

*Resilient: How to grow an unshakeable core of calm, strength and happiness*

<http://www.rickhanson.net/>

Maybe you have thoughts or feelings about this topic I was inspired to share today?

<http://www.lifeworkshelp.com/HSP-Newsletter/top-ten-reasons-to-have-a-hsp-dyad-partnership/>

If so, please feel free to share them here, in this HSP platform.

If not, I *do hope* you find at least one other HSP to connect with this week. Make it a date !

in HSP connection, sent with love,  
Jacquelyn