

HSP Highlights & Insights: Return to Center; Grounding in a stronger sense of self

Dear HSPs,

It's a strange time, isn't it? If you are like me, finding any prolonged sense of equanimity has been challenging. The three grounding activities shared in "Finding Ground during Fiery Times" have helped me return to center time and time again. If you are struggling I hope you will take a look here:

<http://www.lifeworkshelp.com/HSP-Newsletter/finding-grounding-during-fiery-times/>

In Elaine Aron's first book, *The Highly Sensitive Person, How to Thrive When the World Overwhelms You*, on page xii, she suggests four ways for HSPs to move forward with more confidence: 1) Self-Knowledge; 2) Reframing; 3) Healing from past wounds; 4) Feeling Okay when out in the world. A few years ago, she added a fifth - finding ways to spend time with other HSPs, which I am honored to say has been one of many goals of the the HSP Gathering Retreats.

Self-Knowledge

One of the many tools that has helped me grow both personally and professionally over many years has been the Myers Briggs The Fall 2020 session of my Myers Briggs/HSP Overlay class is coming up on two consecutive Saturdays: September 26 and October. You can join me and other HSPs to discover the gifts the Myers Briggs has to offer and gain a more solid sense of your authentic self in the process.

<http://www.lifeworkshelp.com/HSP-Newsletter/myers-briggs-hsp-overlay-fall-session-2020/>

Finally, my heart, thoughts and prayers go out to all those who are suffering, either with Covid and related health concerns, loss of life, property and /or a sense of safety from all the devasating fires. Two of the three fires here in Colorado are slowly being contained, with one that is still burning out of control. Smoke-filled days are not unusual here.

with you on this journey,
Jacquelyn