

HSP Wednesday Freewriting - November 19, 2020

Fall greetings dear HSPs,

It has been quite a year, hasn't it? And it isn't even over. 😞

Now, more than ever, we HSPs can benefit from connecting with others who share our similar D.O.E.S. characteristics of:

**D - Depth of Processing,
O - Overstimulation
E - Emotional Intensity, Responsiveness, Empathy
S - Sensitive to Subtleties**

The first of three scheduled HSP Wednesday Freewrite small group gatherings will be THIS Thursday, November 19, 2020 . The topic for this free write will be "Equanimity, Gates of Grief, & HSP Inner Sanctuaries based on the book The Wild Edge of Sorrow by Francis Weller. There is a 15 minute You Tube link of Mr. Weller discussing the five gates of grief which I think you will find surprising and comforting.

Find out more below.

<http://www.lifeworkshelp.com/HSP-Newsletter/hsp-free-write-wednesday-november-19-2020/>

I hope you are all finding ways for extreme self-care during these extreme unsettling times.

Jacquelyn