



Love Letters To Bookworms | Liebesbriefe an Bücherwürmer

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Reading time 3 min 04 sec

Happy Monday, my lovely Bookworm!

Do you ever wonder if you're "too sensitive"?

Maybe you pick up on negative vibes around you. Or unresolved conflicts make you feel sick to your stomach. Or you can sense when something is off.

If you're anything like me, things like that can totally knock you off your balance or make your head spin.

As a highly sensitive person myself, this has been a recurring theme in my life. And it took me ages to realise...

Sensitivity is strength.

What nature intended as warning signals can blow up when you avoid listening to them, push them down or use learned coping strategies that push them aside.

What you resist, persists.

What is the purpose of your emotions (positive & negative)?

#1 They motivate your behaviour.

#2 Help you communicate with people.

#3 Help you to recognise what others are feeling.

#4 They communicate to you what you like and do not like.

The six basic emotions are:

Anxiety/Fear – pushes us to avoid dangerous situations.

Anger – drives us to fight back against threats, damage, and hurt.

Sadness – encourages us to slow down and withdraw, to seek quiet time for processing a loss, or to recalibrate our efforts after a failure.

Shame – demands that we hide and stop doing what might result in disapproval.

Disgust – plays a key role in protecting us & helps us to stay healthy.

Happiness/Joy – is elicited by the appraisals that an event aligns with who we truly are, with what we value, what we strive for, and what we live for.

Here's my proven yet simple practice to protect that tender heart of yours and regain your energy and joy of life — especially when the negativity in the world feels too heavy to bear.

Try this to turn your emotional pain into positive energy:

#1 Move your body

Stand up and stretch. Go for a walk. Dance to uplifting music.

Health Benefit: Any type of physical movement can help you release the pain from your body and mobilise your nervous system giving you energy.

#2 Cry

Have you been fighting back the tears? Don't do it. Let them out. Oh, you think it's odd? Try screaming to vocalise your internal tension and release your emotional stress. (If possible, try to avoid barking mad at others because it will stress them out.)

Health Benefit: Crying/screaming releases toxins from your body and relieves stress.

#3 Open yourself up to others

Does it hurt you to see your loved ones or your friends suffering? The same goes for them when they see you suffering.

Don't lock yourself up and bottle up your feelings and avoid others. Let them in, and ask for help or advice.

Health Benefit: Humans are social creatures, and isolating yourself ends up exacerbating your pain (emotional and physical pain). Connection is the antidote and natural remedy.

Honestly, my lovely Bookworm!, today I know, my ability to feel things deeply is one of my greatest strengths. It's what allows me to do what I do in this world.

But it took me decades to figure out how to leverage my sensitivity, instead of letting it hold me back. I hope that some of what I've learned might help you, too.

Seth Godin, US American entrepreneur and marketing expert, once posted a blog titled ~~called~~ "Hiding."

He writes: "We hide by avoiding things that will change us ...We hide by asking for reassurance. We hide by letting someone else speak up and lead ... We live in fear of feelings."

After you've had a chance to read and maybe try my tips, I'd love to hear from you.

Why? I'm sure that if you consider yourself a sensitive person ([A study revealed brains of creative people are wired differently.](#)), you've developed your own tools to thrive, too.

So I want to know – what are some of the practices you use to stay both open-hearted and strong?

Keep in mind: Becoming aware of and understanding your emotions, what they feel like and what they mean, is the first step in coping with them and regulating your emotional and mental health.

Sending you all my love 

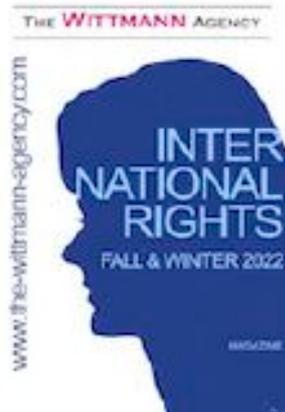
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