

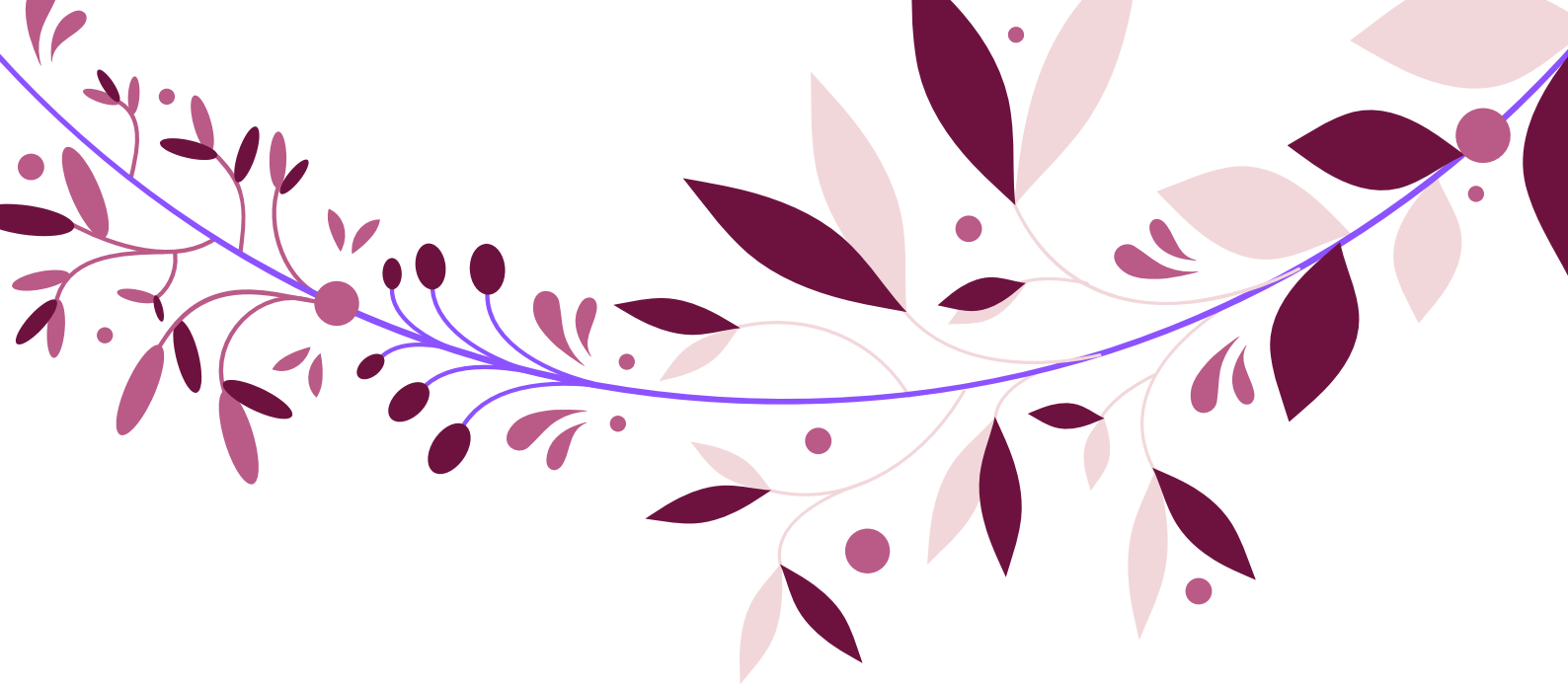


A SIMPLE GUIDE

# *Tips for Sensitive People*

Empath Community

Gloria Coppola



## **Your Survival Guide**

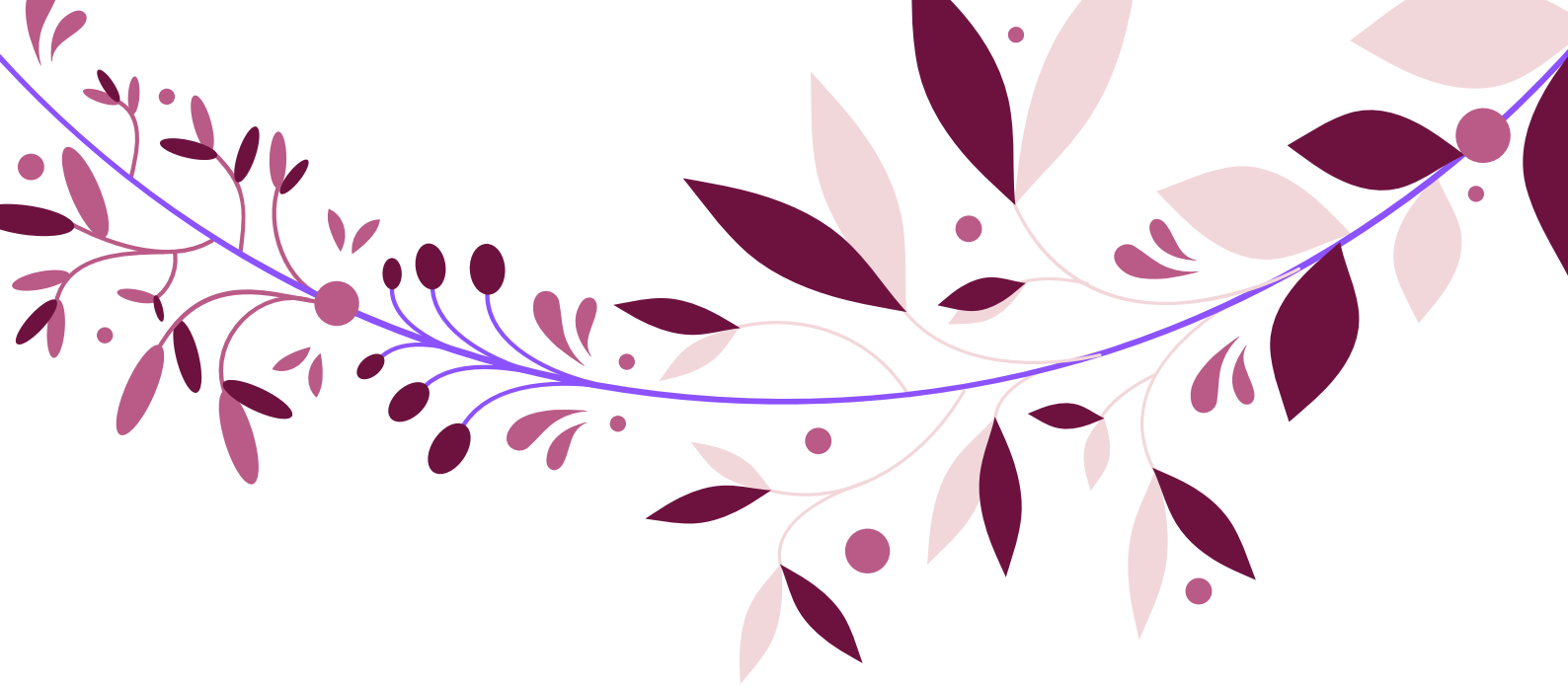
**Sensitive people or empaths have the ability to be emotional sponges.**

**Is this you?**

**You are around co-workers or crowds and you find your emotions heightened?**

**If you are around negativity you can feel assaulted or exhausted.**

**Empaths fully enjoy being around others, but must learn to protect their sensitivity and find balance. Otherwise, they become reclusive.**



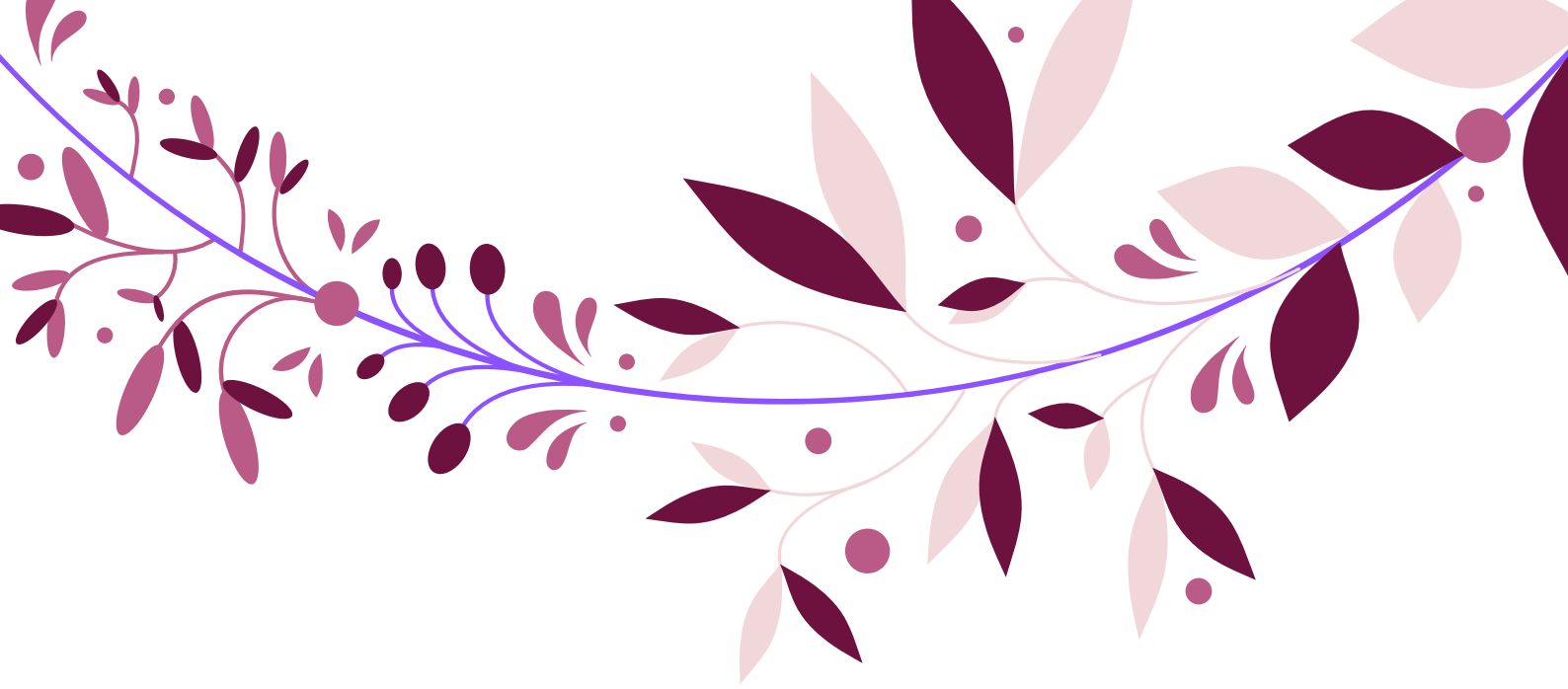
**Here are 6 simple strategies to follow regularly.**

**1. Move away - distance yourself from the suspected source at least 20 feet.**

**See if you feel relief. Remember, physical closeness increases your empathic gifts.**

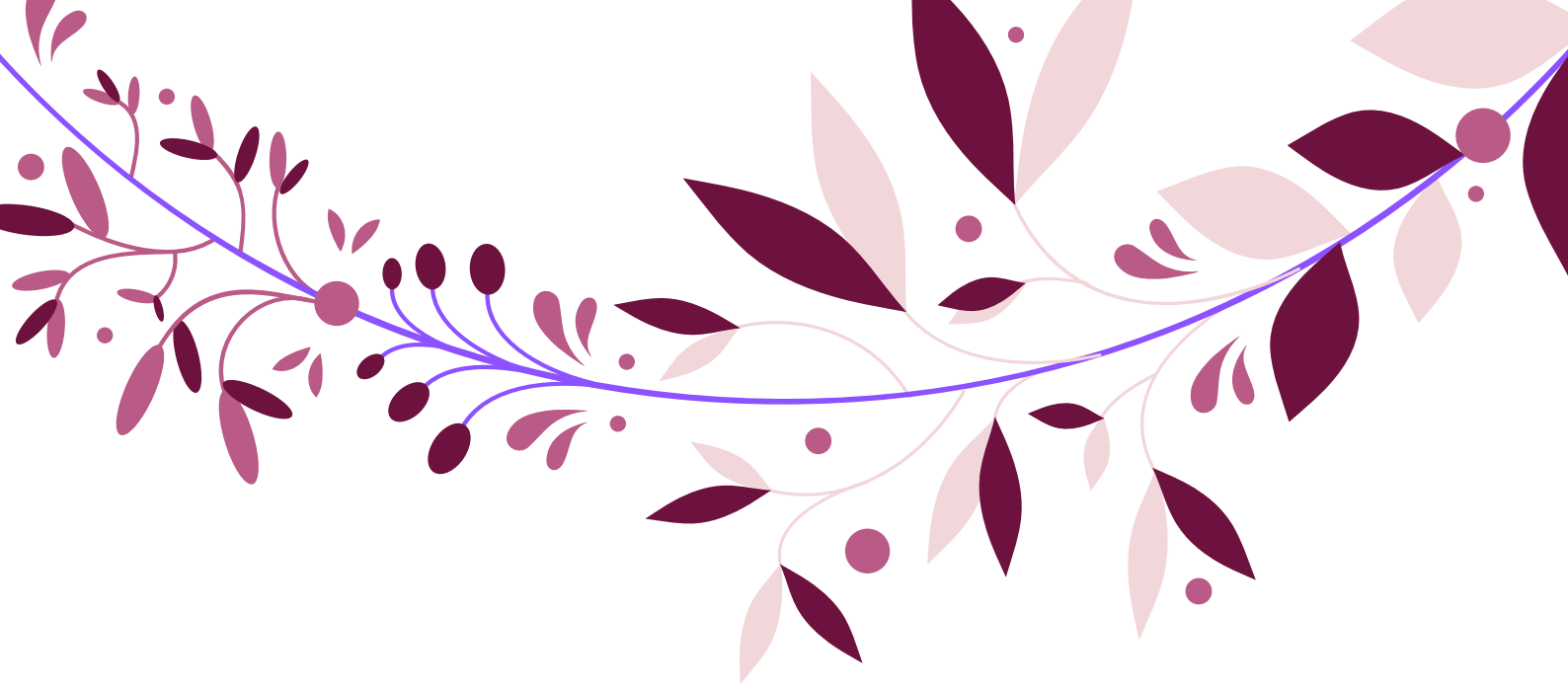
**2. Surrender to your breath - If you suspect you are picking up someone else's energy, take some deep breaths.**

**Concentrate on centering and connecting to your power. Picture any overwhelming feelings releasing with the breath.**



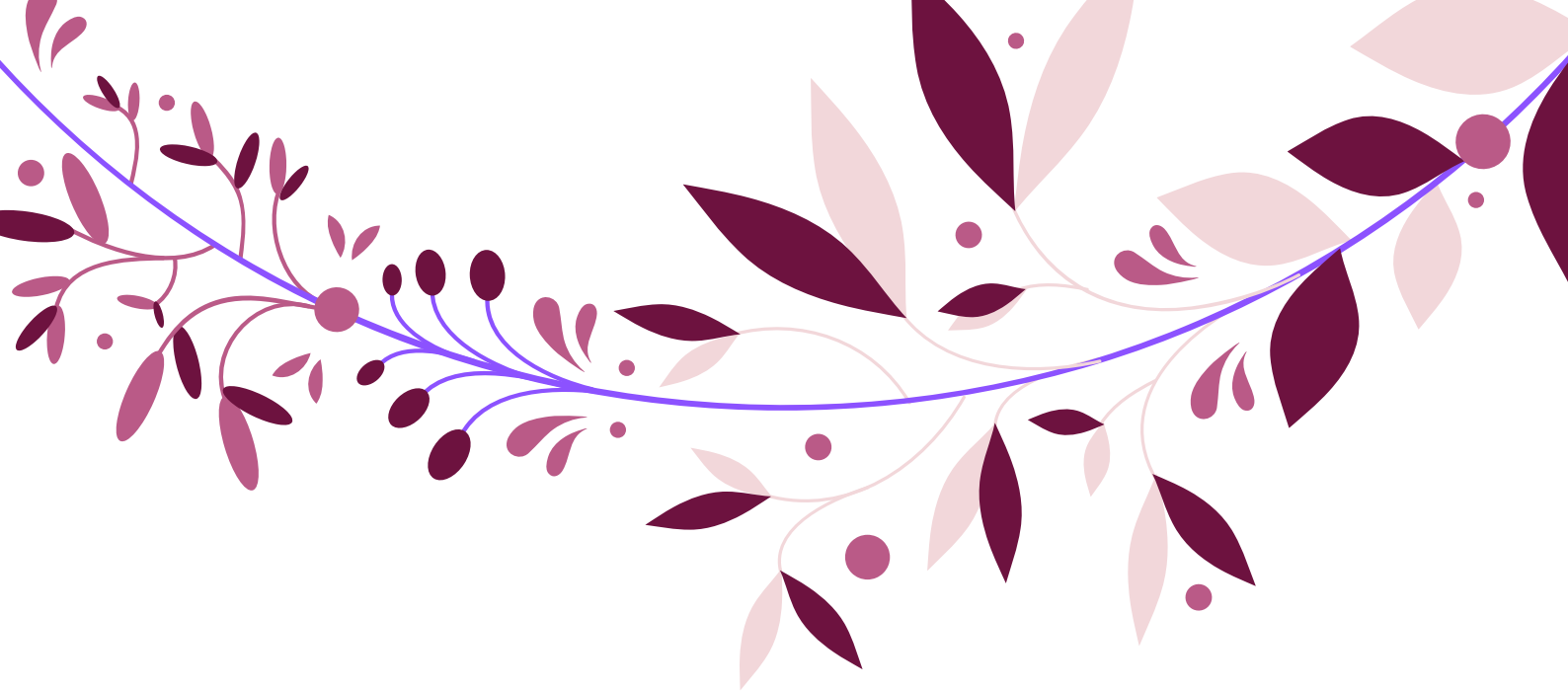
**3. Practice Meditation - Be sure to meditate before going out in public. Center, connect with spirit and feel your heart. Calm yourself. Focus on positivity.**

**4. Set Healthy Boundaries- control how much time you spend listening to stressful people. Learn to say NO. Set clear clear limits and boundaries for yourself.**



**5. Visualize Protection Around You - Research has shown that visualization is a healing technique. Visualize a white light around you. Visualize your power animal protecting you. Envelope your body with a protective energy field to keep intruders out.**

**6. Define and honor your empathic needs- Safeguard your sensitivities. In a calm collected moment, make a list of the 5 most rattling situations for you. Then formulate how to handle them. Ex. If crowds are overwhelming, eat a high protein meal to ground yourself.**



**Some empaths are sensitive to scents, like perfumes. Kindly request people to refrain wearing them around you.**

**If all else fails when you are at gathering, take a shower or salt bath when you get home. Soaking in mineral springs purifies as well.**

**If you would like more personal guidance contact Gloria at [Gloria@GloriaCoppola.com](mailto:Gloria@GloriaCoppola.com)**