

The Highly Sensitive Person Wellness Jar

There are two kinds of vulnerability factors that can fill our jar: **genetic factors** & **environmental factors**.

In order to feel physically and emotionally well, our wellness jar must not be filled to the top.

Environmental Factors

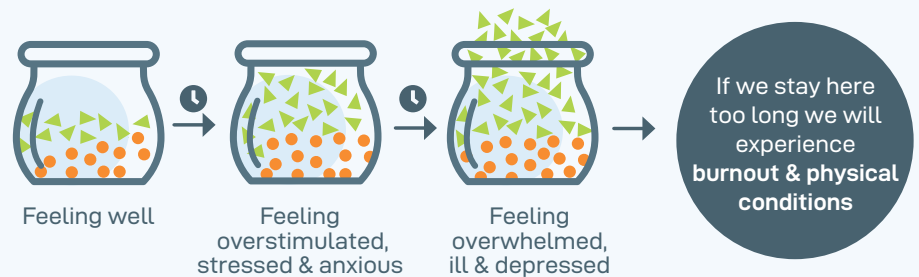


Genetic Factors



How we get overwhelmed

What happens over time if we add more things to our jar?



Recovery from overwhelm

There are a few ways to recover, here are two keys ways:

1 Remove some environmental factors from the jar. These might be:

- ✓ Working Less
- ✓ Changing to a better suited role
- ✓ Moving house
- ✓ Being less busy
- ✓ Reducing the demands on you
- ✓ Saying no more often



2 We are not stuck with our jar being a fixed size. We can add **extra rings** to our jar. These are the protective factors of self-care.

These might be:

- ✓ Eating well
- ✓ Having a good sleep routine
- ✓ Regular gentle exercise
- ✓ Plenty of rest; downtime & alone time
- ✓ Support from friends & family
- ✓ Time in nature

By stacking self-care rings on top of the jar making it taller, we can cope with more environmental factors without getting overwhelmed & our jar being full.