

Hello and thank you so much for downloading this PDF. I think that you must either know you're a Highly Sensitive Person or you have an inkling. Perhaps you resonated with one of my recent social media posts about this topic? I am a Highly Sensitive Person too so you're in good company. If you're an HSP going through a separation then it can be particularly difficult for two main reasons. Firstly, you're more easily prone to being overwhelmed and there's a lot about separation that is overwhelming. Secondly, if you pick up on other people's emotions a significant event can lead to you feeling very drained.



But don't worry because I am here to offer you support and guidance. I am Louisa Whitney and I am a family mediator. As I said above I'm also an HSP. In my role as a mediator I help separating couples to create arrangements that are tailor made to them following a separation. I discovered I was Highly Sensitive in 2005 following a book recommendation someone made to me on a hunch. I've been on a journey ever since to nourish and nurture my special skills but also to take better care of my sensitivities.

I was a solicitor specialising in divorce for 12 years but I reached the point where I felt like I was helping people just put out fires. In 2012 I did my mediation training and I began to see that I could teach separating couples how to avoid starting fires. This suited my nature much better and I felt like it meant I could really embrace who I am and use my sensitivities in the work place for the first time. I am also a Reiki II practitioner and I strongly believe in following a holistic approach that looks at your legal, financial, emotional and practical needs following a separation - and especially your sensitivities.

It can feel overwhelming when the decision to separate has been made. You feel like you have so many things to think about and it can be a big jumbled up mess. HSPs can feel overwhelmed by even the smallest to do list. You know that feeling when you already have too much to do and someone hands you another task? It doesn't matter how straight forward it is you feel like you might break down or explode.

HSPs can also find stimulations like noise, people and lights can add to the feeling of overwhelm. I love listening to music but if someone tries to talk to me when the music is on I have to turn it off or I feel frazzled.



If this is you then here are my top 5 tips for supporting yourself in a separation.

TIP 1

GO SLOWLY

Try to limit how much you give yourself to do. Separation can feel like a never ending to do list - especially when it comes to sorting out financial issues. Don't forget you still have the usual responsibilities with regard to your children, work and household tasks. Watch when you feel like you have too much on your plate and adjust accordingly.

TIP 2

TRY TO LIMIT STIMULATION

This is especially needed when you do feel overwhelmed by tasks or the separation generally. Noises, lights and being around people can all more easily stimulate the nervous system of a Highly Sensitive Person. It doesn't take much to take you from OK to "I think I'm going to scream or cry". Be curious and learn about what stimulations you find particularly difficult. HSPs can be particularly sensitive to the effects of caffeine so try to limit your intake if you're feeling overstimulated. If you can, try to limit the time you spend with people that overstimulate you. Try to voice your needs where you can and explain if you need a break or a little quiet.

TIP 3

LEARN WHAT NOURISHES YOU AND RESTORES YOU

This is absolutely essential. It's important to understand what you need to recharge your batteries. Experiment a little with what nourishes you and what leaves you feeling nurtured. Things like spending time alone and spending time outside in nature can be really beneficial to Highly Sensitive People. This can be a park or a quiet space with a few plants. It doesn't mean you need to trek for miles to find peace. Maybe meditation will help you? You could try mindful colouring. Look at what smells help you to feel less stimulated and overwhelmed. Particular music or sounds may be calming. I love to hear the sound of waves crashing on a beach.

TIP 4

GET TO KNOW YOUR BODY

Highly Sensitive People can find it very difficult to experience sensations in the body. Sometimes they don't feel safe or they can simply feel overwhelming. This can go back to experiences you had in childhood. Perhaps your sensitivities were not embraced by everyone? Feelings like hunger and pain can be difficult. Getting to know your body can be a difficult experience but it's a journey that may well be worthwhile. If you feel like you haven't connected with your body for some time you may need specialist and professional help with this. You could start with a bodyscan meditation and see how that feels. I have come to love cold water swimming but this is not for everyone!

TIP 5

WRINGING OUT YOUR SPONGE

Have you ever felt good and then had a conversation with someone and then felt angry or upset for reasons you can't really put your finger on? This is because HSPs tend to be more in tune with other people's emotions and can sometimes absorb the emotions without realising. This is why you might feel particularly tired or overwrought after being in a large crowd of people.

There are a huge range of emotions that come up during a separation and they may be different for you, your ex-partner, and your children. If you are holding some or part of all these emotions then you may feel like a soaking wet sponge i.e. heavy and weighed down.

Knowing what nourishes you may help you to let go of these emotions. It can also be helpful to visualise clearing your energy. Keeping your feet flat on the floor visualise any heavy emotions washing away into the earth. Do this regularly and whenever you feel you need it.

There are so many other things I could share but I don't want to overwhelm you. For more separation information have a look at the blog on the [LKW Family Mediation website](#) or have a look at the tips we share on our social media channels:



I hope you have found this useful. My passion in life is helping people - and especially Highly Sensitive People - keep their separation calm, constructive and compassionate. I know first hand that HSPs function so much better that way.

Please do reach out to me if you feel you need more help with this.

Thank you!

Louisa



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