

Episode 021

How Self-Love Really Helps You Appreciate Being Highly Sensitive

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DIANA HIMES: Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

So a little bit about me, in case you don't know this, **I am a highly sensitive person!** I only found that out about three years ago. I wish I had known that when I was raising children and when I was a child, but I didn't. Obviously, there was a reason I didn't at that time, but I know it now!

And now I can recognize it in my family, not only myself, but in my family members. So my dad, I oriented my dad to being a highly sensitive person, and he thinks he could be one of those. I believe my granddaughter is. And I also believe my son is and you know what, that's okay, too. Whether or not they truly adopt the fact that they're sensitive, I can help them recognize that they are and find some new ways that they can do things differently. Like reacting to stress and anxiety and feeling overwhelmed and maybe crying at the drop of a hat and getting so angry, you don't know what to do with your powerful emotions. But that's what we're going to do today!

Because **self love helps you manage your emotions, it helps you balance yourself, it helps you ground yourself, it helps you stop feeling so overwhelmed.** Even if it's only for a minute, you're calming your nervous system, and it gives you something else to focus on.

After this workshop is over, you'll know why it's so important to make a commitment to yourself to practice self love. Every day! You'll learn how to **find motivation and inspiration to get what you want**, and maybe in unexpected ways. You're going to learn how to do things differently in your life and these new things that you'll learn will give you an opportunity to **try different things to see which ones speak most to you.** And because that's the ones that you're gonna love doing the most.

If you don't like, for example doing yoga, well no, that's not one of your things that you do just for yourself. Find something else that you love to do, just for yourself. Me, I love reading, I love swimming, these are the things that I do just for myself. Spending time with my grandkids. Love that. That's something I do well for myself, but it's also what I do for them as well. So again, it's about finding what works for you, and then doing them. And then you'll learn why expressing gratitude and asking for help can change everything in your life.

So three reasons why it's important to make a commitment to yourself. And before I give you the three reasons, I want you to keep this one thing in mind, what you're gonna learn is that **it's okay for you to stop giving other people permission to tell you how to live your life!** Without having a commitment to yourself that you're going to stop letting them tell you what to do and you're going to start doing what you want to do, it's going to be a lot harder for you.

Life is so much more harder if you're not committed to making yourself a priority every single day. And I get it. I know, there's not always enough time in the day. But I'm telling you, you can do little things, even if you've only got 10 minutes at the beginning. And at the end of your day.

Another reason why it's so important to make a commitment to yourself is because you're giving yourself permission, you don't need permission from anybody else. **You just need permission from yourself that you're going to make positive changes in your life.** And if you're not committed to yourself, regardless of what anybody else says or does, it's gonna be harder for you. So that's what I'm saying, Stop giving other people permission to tell you how to live your life.

You're the only one who's responsible for taking care of yourself! And you have to remember that it's not selfish to put your needs first. It's necessary, especially as a deep feeler in someone who feel so many things that most of the people in the world do not! There's my three reasons for why it's important for you to make a commitment.

And one of the three things that you can do differently is **uplevel your skills.** You can also join a community of people who are like minded, who believe in the same things you do, who have the same hobbies that you do, or who love to dance, or sing. **Find a community of people that you like and engage with them.** You know what, sometimes engagement doesn't necessarily mean that you have to jump right in and chat up everybody and do all of that. Sometimes engagement can just be going on and reading what other people are saying, and understanding that you're not alone.

And that's what the benefit of a community can do for you. It can truly give you an opportunity to meet people who believe in things that you do. **Connect with other deep feelers who know what it means to be highly sensitive.** Anybody who knows what it means when your emotions are on overdrive and when your senses are going crazy, and you just had too much. They're the people who help you understand that you're not alone. And chances are they've already gone through whatever struggle you may be dealing with. And they can help you by giving you ideas on what they did to fix it for themselves.

So again, get involved in a community. One of my most favorite communities is my church community. I never even went to church, church was not a thing in my life. I didn't grow up with a whole lot of church background. So I didn't really look at church as a way for me to build any community. But then I joined a church. And I started online because that's what's comfortable for me as a highly sensitive person and introvert. And then when I felt comfortable with the online and safe that I could go in, I would go in with my son and his wife. And then that made me feel more comfortable that I started going on my own alone. And that got me more comfortable. And then I started attending Inside Track. So I started volunteering, and that's my community now, that is my community of people who are like minded like me. And I love that.

I also have communities online. One of my favorite Facebook groups for highly sensitive people is called Highly Sensitive Refuge. I've gone on there and engaged many times because they're the ones who understand what it's like to face the challenges highly sensitive people face on a daily basis. And like I said, they've got ways for you to overcome some of the struggles that you have.

Another way is to **find a role model someone who has what you want and can teach you how to get it.** And that's exactly what I did almost three years ago now. So during the pandemic, I found my role models. One is Gabby Bernstein. She's my spiritual teacher, she's the one who taught me the importance of self love. She's the one who taught me how to find that self love within myself. She's the one who taught me to get out of my comfort zone. And that I don't have to jump in, I don't have to go and do things I'm not comfortable with. So she's the one who truly inspired and motivated me to do what I'm doing today.

Marie Forleo is another one of my role models, I absolutely love her. She is my role model for my business. She's the one who's helped me understand what I need to do in my business to be successful. So between Gabby and Marie, I have not only learned how to love myself, I've learned how to share what I've learned with you in a way that's going to help me and it's going to help others. And it's going to help special needs children.

If you had a magic wand, what would you change about your life? If somebody had asked me back in the day before I found out I was a highly sensitive person, I wouldn't have even been able to give you a straight answer. I didn't know what was wrong with me. I didn't know what I truly wanted to change in my life. Because I didn't know what it was I wanted the most. But then I found out that I was a highly sensitive person and that knowledge, in and of itself, sparked the biggest aha moment I've ever had in my life!

And that knowledge helped me find the strength that I was looking for. It gave me what I had truly been looking for in outside things. I lost me. I couldn't find me. Childhood trauma, growing up with the trauma that I did, living my adult life carrying that trauma around in my mind, and in my body kept me playing small. So when I found out that being a highly sensitive person explained a lot about how I handled things in the past, it gave me the motivation and inspiration to find out more about who I am

as a highly sensitive person. As someone who's more emotional than most, as someone who gets triggered very easily by the littlest of things.

I didn't know back then what my magic wand was. But obviously now I know that my magic wand, if someone would have asked me three years ago, would have been to help me find myself. And I did. And that's the love that I have for myself. **And that's the love that I want you to find for yourself.**

I believe self love is knowing who you are from the inside out with all of your imperfections and your uniqueness, exactly as you are, that is self love. To me, self care is about doing the things that help you love yourself more.

And so one of the things and actually, it's my number one thing that has helped me love myself is the one thing I do and if you don't do it, I understand that it's not for everybody. But **meditation has been the one thing that has completely transformed my life** and helped me balance my emotions, find calm among the chaos, and soothe my nervous system.

Because I'm sure as a highly sensitive people, you know, that our nervous systems are always in overdrive and finding ways to soothe them is critical for our well being. I find that in meditation! And I practice meditation in the morning when I wake up, and I do it going to sleep so I fall asleep to a meditation every night. And I'm out just like that. It's called Yoga Nidra so if you ever want to try and do a meditation to sleep, YouTube search yoga nidra and I'm sure you'll find one that works for you.

What I find very, very wonderful about meditation is that it helps me like I said, it helps me **find the peace among the chaos.** And it teaches you how to listen to your intuition. Now, as highly sensitive people, we have the ability to easily tune into our intuition, we're hard wired to get deeper into our intuition and listen and act on it. It's like a sixth sense, it's what I like to call a navigation guide for living a really great life. So meditation, it calms the mind, it soothes the body, it helps you get to know your intuition better. And it really is a calming, peaceful thing to do. Even if you've only got one minute, I'm telling you, **you can soothe your nervous system in one minute,** by doing this. Breathing in through your nose and out through your mouth.

Go ahead, try it. Keep doing it. Breathe in through your nose. and out through your mouth. When you're in a situation where you feel triggered, use that breath! Breathe in through your nose, out through your mouth, just keep breathing. And eventually, within 60 seconds, you will start to feel more calm. **And you will start to feel more peace.** And you will start to feel calm in your body. And if you want to even feel more calm, give yourself a hug. And just rub your arms, your hands down your arms. Or you can do things like put your right hand on your forehead and your left hand on your belly and do your breathing. Or put your hands at your heart.

But again, all you need is 60 seconds to really calm your mind in a moment when you are triggered. It's also the moment that gives you an opportunity to peacefully think about how you can respond to whatever's happening that triggered you. Instead of reacting, responding is coming from a place of peace and groundedness. And reacting is more of a place of emotion. So keep that in mind! That one

minute of deep breathing can give you enough time to **calm your mind, soothe your body and think more clearly!**

If meditation doesn't feel like it's a good thing for you, and I promise you, I didn't think it was a good thing for me. I poo pood it for years and years and years and years. I'm like my mind's too crazy. I can't shut it down. But you can. And that's why I highly recommend guided meditations, especially for people who are just beginning. Because for us highly sensitive people, when our minds wander, they wander and it can be really hard to get it back.

And that's why a guided meditation helps because the voice of the person who's guiding you brings you back into the present moment. And that's where you want to be when your meditating is in the present moment, not off in mind wonderland. Okay, so you just want to bring that back to yourself. And the guide can help you do that very easily. And if it wanders, again, it's going to, but don't get upset, just focus back on the guide and bring it back.

Journaling is a wonderful practice and I like to consider myself a writer. While I may not do traditional journaling, when I get into a situation where I'm in a moment and I just need to get that stuff out, I'll sit down and they say to write but I type too. So I'll type out exactly what's going on in that moment. And I'll ask myself questions like...Why is this happening to me? Why am I feeling this? What happened to me that makes me feel this way.

And by getting it all out with those few little questions, it really gives you **a sense of getting it out and letting it go**. And possibly finding ways that you can heal whatever keeps triggering that feeling in your mind and your body. And then the more you Journal, the easier it becomes to start recognizing patterns. You're like, Oh, I'm gonna go back. I remember having this this trigger before. Let me go back and see what I did. What did I write down then? So **it's a way for you to track your habits and your patterns** so that you can start looking at them and trying to figure out ways to do them differently.

Because in all honesty, you don't want to continue the habits that have gotten you to this point, especially if you're not happy and joyful in your life. So you want to do things differently that are going to bring you the happiness and joy you're looking for. And if you haven't heard me, hear me now **that starts inside you**, that doesn't come from outside you.

Now that we've talked a little bit about meditation, and journaling, I'm gonna give this one my number one and meditation, my number two, as far as **what helps me with my self love, and that's gratitude!** I mean before I became grateful for everything I have in my life, I complained about everything I had in my life. And if you know anything about putting energy out into the world, I didn't know it then but I know it now, is that when you think negatively negative things happen. So the more I complained, the more I had to complain about.

When I started learning how to love myself, one of the things that helped me get there was **expressing gratitude for what I have**. I have a beautiful life, I have a wonderful husband. He thinks I don't always appreciate him, but I do. I have two fantastic children, I have two wonderful grandchildren. I have a

wonderful extended family, I have a group of people that have my back. These are the things that I'm so grateful for. And you want to know what's funny, is **I'm even grateful for the challenges that come up in my life.** Why? Because they help me heal whatever thing I still need to heal. And that's showing me that I have the ability to do it, and that I can learn the lesson from it, so I can heal it.

So yes, I am very grateful for the challenges that come my way too. I look at them as spiritual assignments. Because, you know, they come and family are the ones who really, really show you what you need to work on. And that's how one of my granddaughters is like that. She's my, you know, she's one of the loves of my life. But she struggles like I did as a child. See the difference in her life is we know she's highly sensitive, and we can help her more.

Nobody knew that about me. So I just learned love from the people who cared about me. And they didn't show me love real good as a child, you know, between abandonment and punishment and physical abuse. There wasn't that much love there. So without any love from them, it was impossible for me to love myself. But I've learned I mean, not that I don't know how to love. I do love, obviously I love I have a husband, children, grandchildren, but I didn't know how to love myself so I couldn't truly show them or teach them how to love themselves. But now I know **when you know better you do better!** Love you Maya Angelou.

Okay, so let's get back to gratitude. So again, it brings you joy and happiness, **the more grateful you are, the happier you can be.** Gratitude has a way of making the hard things easier. So remember, when I said I'm grateful for the challenges that happened in my life? That's because it makes the hard things easier. I'm grateful for that challenge because it's going to teach me something new. And again, you know, being grateful for the mistakes. What are you grateful for today? I'll tell you, I'm grateful that you all are here. I'm grateful that I'm getting out of my comfort zone doing something I've never done before. That's what I'm grateful for today.

Who here has a hard time asking for help? You know, I'm a recovering perfectionist and people pleaser. Asking for help was never anything I could do. And I never did. But once I started learning how to love myself more, I recognized that by not asking for help, I was really being selfish. And I know that's kind of strange to say that but you know I didn't realize, until I found out about self love is, that by trying to do everything I was controlling everything. I recognize that now and I'm not gonna say I'm ashamed because I didn't know any better at that time because I'm trying obviously as I'm healing to let go of shame.

But what I can say is that I did control everything in my life because I was scared to let go! I mean, I did everything for others growing up because I was a people pleaser and a perfectionist. I took care from a very young age...my mother, my father, my sister, my brother, my husband, and my children. I was taking care of everybody else, but myself! And then I started making myself a priority. And **it got easier to ask for help.**

Because I couldn't do it all alone, I couldn't take everything on and survive, I didn't survive. I crumbled under the weight of all of it. And then I found myself and my spirit and my tribe and my love. It made it

easier to ask for help. And to recognize that **it's not selfish because you'll have more time for yourself!** Remember, I said, you can practice self love every day, just by giving yourself 10 minutes in the morning and 10 minutes at night? What can you give up to find 10 minutes? Who can you ask to help you?

If they give you a no (and I know that's what a lot of us can be afraid of is they're just going to say no) it's gonna hurt. But the reality is, they're no isn't really about you most of the time. It's more about them. And their comfort level and their willingness to help and their baggage that they carry around. This isn't about you, when they say no, it's almost always about them. So don't take it personally. And I know that's hard. Believe me, I know that it's hard. When someone says no, say I understand and just move on. Don't ask questions they don't even need to explain. No is a complete sentence in case you don't realize that. **But if they say no, just say I understand and then move on.**

And just like anything else you practice, the more you ask for help, the easier it'll be to keep doing it. So don't wait for somebody to offer. For most of my life, because I was controlling everything, nobody really offered because I was just doing it all. But now they offer because they know I'm not doing it all anymore. I'm willing to ask for help so that someone else will help me and give me more free time for myself.

And as highly sensitive people, we have to **have time to recharge and to rest.** So if there's one muscle you can work on to help you get out of your comfort zone and show some more self love for yourself. Ask for somebody's help! Figure out who the one person is you can go to who's got your back and go to them first. Because chances are they'll say yes, **people love to help when you ask.** Most people do, just ask and don't be afraid or take it personally, if they say no!

I am excited to talk about my group coaching program and we'll get a little bit more detail that in just a few minutes, but I am so excited about it. It's called Bless Your Sensitive Soul and bless is an acronym and I'll explain that to you in just a few minutes. You can always go to my website. I've got a lot of information out there for you that you can look at and there's free resources out there as well. So go ahead and take a look at my website. Remember how I mentioned that meditation is like my number one tool for calming my mind and soothing my nervous system. I put together a **FREE guide** for those who are just beginning to start their practice.

Let's talk about my group coaching program, it's called **Bless Your Sensitive Soul.** This is a small group coaching program that's limited to 10 highly sensitive women who are ready to unlock the doors to their potential and create your own path to success. First, let me explain to you what the bless acronym means. So it's my strategy for like I said, unlocking the doors to your potential and creating your own path to success. And it starts by **beginning** of a journey of learning who you are, loving yourself, and finding out your strengths and your weaknesses. Learning more about what you want in your life. That's what your journey starts you do.

It also teaches you how to **live with love, intention and purpose!** Meaning everything you do is focused on **bringing more love into your life,** showing more love, finding out what you want to do, and taking

the action steps intentionally to go get it. And then for the E, it's **embracing yourself, your sensitivities, your perfectly perfect imperfections. It's embracing who you are from the inside out!**

Next it's **stop** the fear. Who here has trouble getting out of their comfort zone? Because they're a little afraid. They may think well, what if I fail? Or what if they don't like me? Or what if they judge me? But I'm here to tell you? What if you succeed? What if they love you? What if you change somebody's life by getting out of your comfort zone? It's all in how you rephrase it. Right? **It's all in how you rephrase it to stop the fear.**

And then it's time to **start** living your life full of joy and happiness, confidence, creativity, clarity on what it is you want most.

I am so glad that you're here. You did it. You've started your self love Journey just by being here with me to learn more about how to practice self love for yourself. And what self love can do to completely change your life. Trust me when I tell you, I would not have been doing this three years ago. But I was willing to get out of my comfort zone. I was willing to do things differently. And here I am. And as you can see, I am happy and joyful because that's exactly how I feel. And I want you guys to feel that way too.

My hope is that you feel empowered now to do things differently in your life. And I want to remind you that **showing yourself love and taking care of you is the best thing you can do for yourself** and your family.

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of **Tough Love for Sensitive Souls**. Until then, don't forget that you've got everything you need to get anything you want!