

Sensitivity is often seen as a sign of fragility in several cultures. It shouldn't be, though. In truth, you can learn how to find strength in sensitivity if you have the appropriate perspective and nurture your sensitivity. Your inner strength and resilience will swiftly increase once you discover how to use your hypersensitivity constructively.



USE YOUR HYPERSENSITIVITY TO SOLVE PROBLEMS

Being very sensitive can make you different and stand out because you easily notice things many others miss.

Yes, it can seem quite like a burden because you get affected by everything around you, but you can tap into this gift by using it as strength to solve problems that many might miss. Once you notice anything unusual, do well to note it down.

As you ponder on it, you will surely get new insights that will make you find invaluable solutions to problems - and find answers that others miss out on.



SPEAK UP IF OTHERS HAVE MISSED SOMETHING

Do well to utilize this gift by letting others know when you notice tiny details that others miss or when things do not add up.

Not only are you helping your team achieve better results, but it also helps you have confidence in your abilities and work hard to better



HONE YOUR COMMUNICATION SKILLS

It's super important for sensitive people to develop how to communicate effectively with people by developing communication skills. This skill is particularly helpful in expressing your emotions, thoughts and feelings when you have to.



PREPARE FOR STIMULATING SITUATIONS

Your Gift should make you stand out, but if you are not prepared or grounded in a particular aspect, you may be caught off guard, lose control, and find it hard to use your gift effectively.

So learn to be prepared about any subject; this is how you can continue giving your best and stand out.



How to Convert *your* **HYPERSENSITIVITY** *to* **STRENGTH**

RESOURCES

<https://melodywilding.com/5-life-changing-ways-use-sensitivity-strength-work/>
<https://www.inc.com/melody-wilding/trust-yourself-sensitive-striver-leader-intuition-confidence.html>
<https://time.com/6259002/why-sensitivity-is-a-strength/>
<https://www.healthline.com/health/mental-health/why-your-sensitivity-is-really-a-strength>