

# **Highly Sensitive Persons (HSPs)**

**How Schools can Better Support HSPs  
and Increase their Wellbeing**

**Nagano Prefectural Ueda Senior High school**

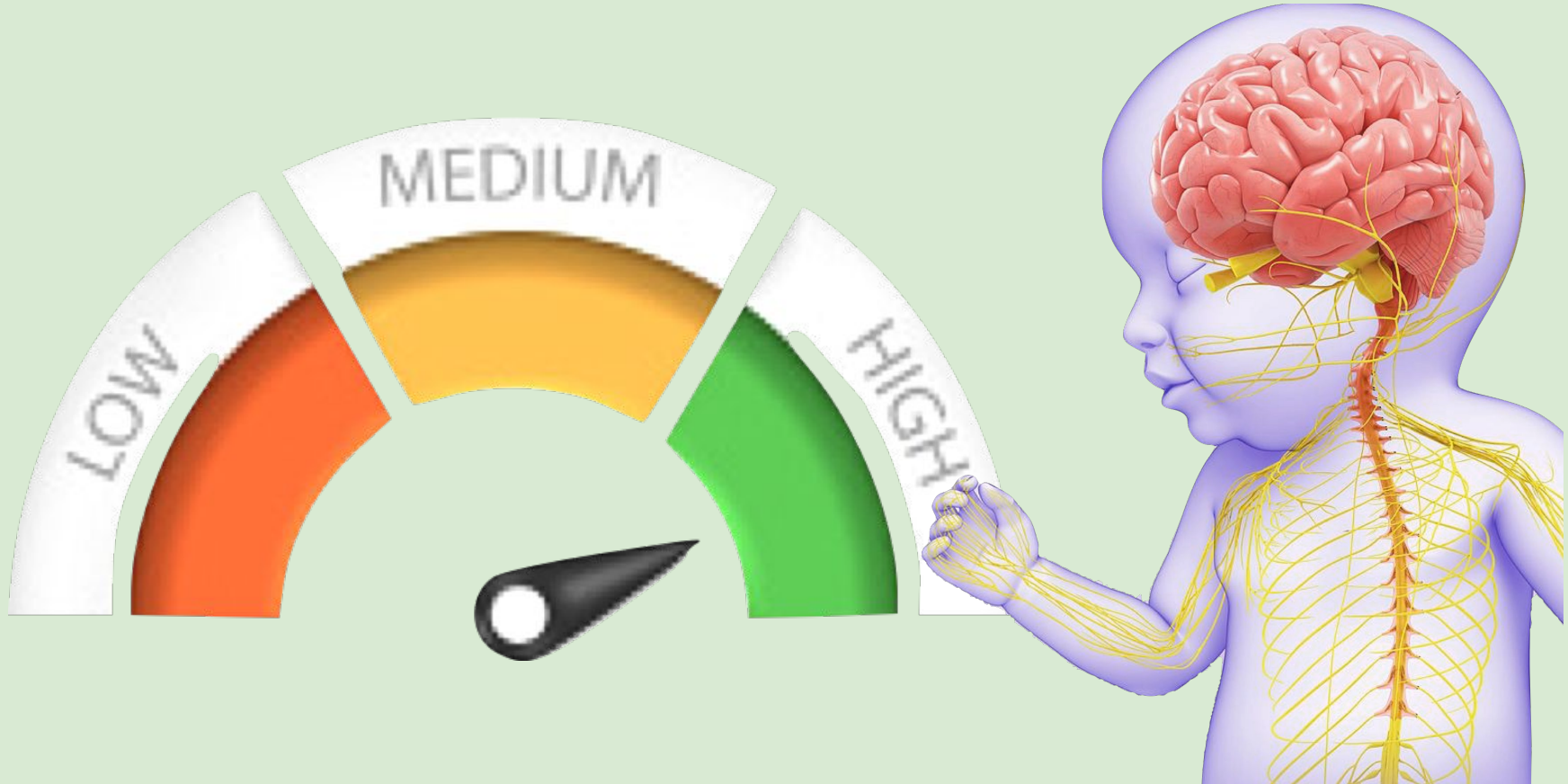


# PERSONALITY

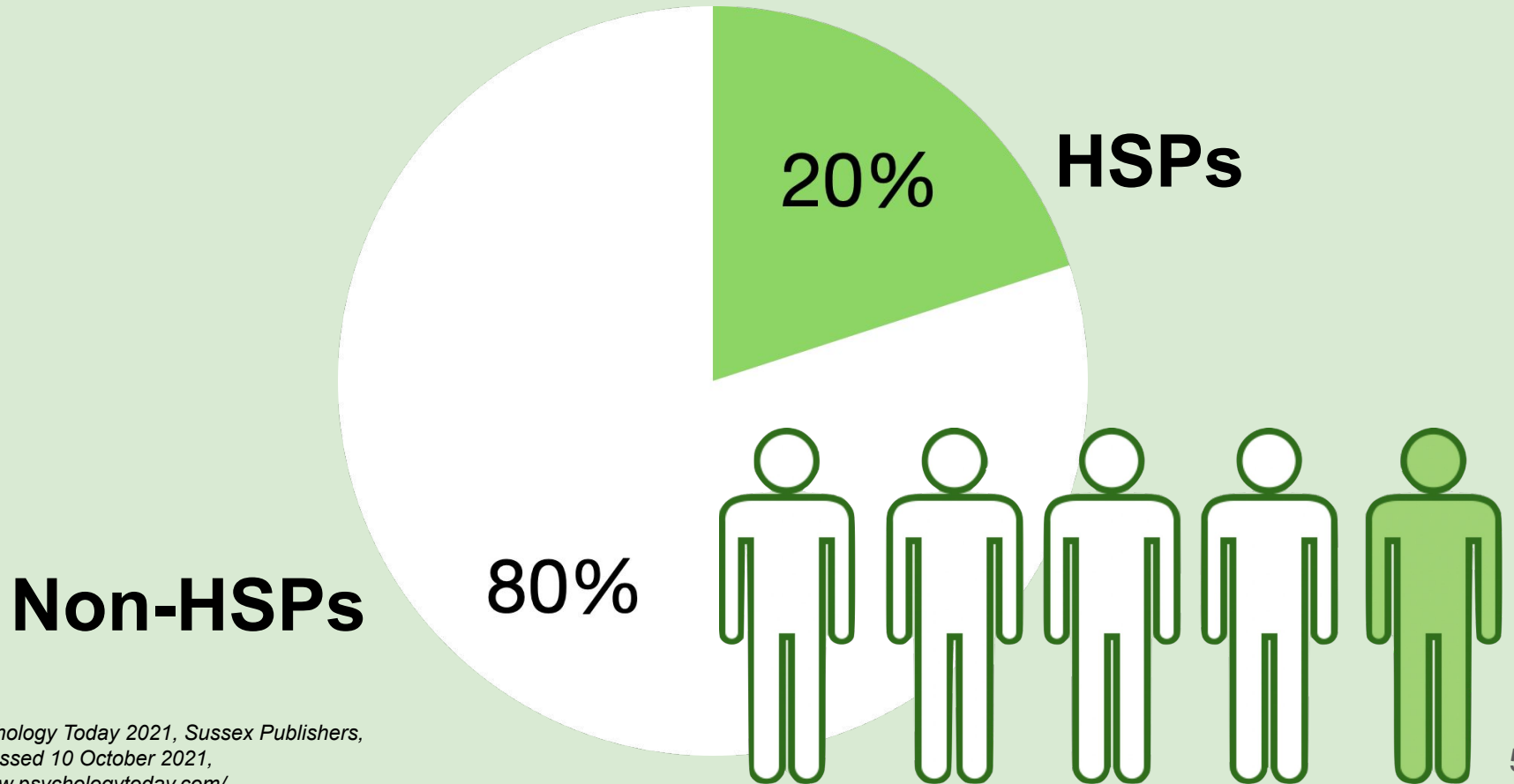
Individual ways we THINK, ACT, & FEEL



# How Sensitive is Your Nervous System?



# Percentage of Non-HSPs and HSPs in World



# HSPs' Superpowers



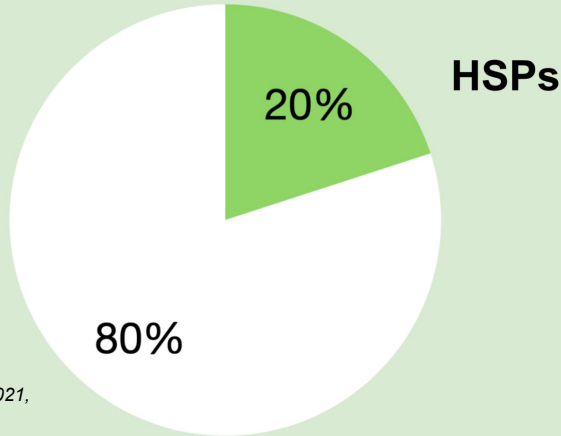
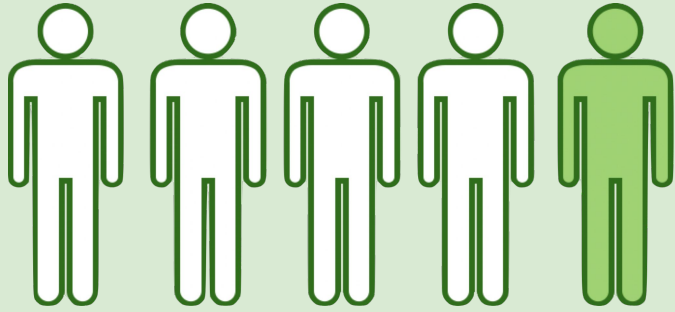
## **More Powerful**

- \*senses**
- \*feelings**
- \*empathy**
- \*intuition**
- \*appreciation**
- \*kindness**

# HSPs in High School

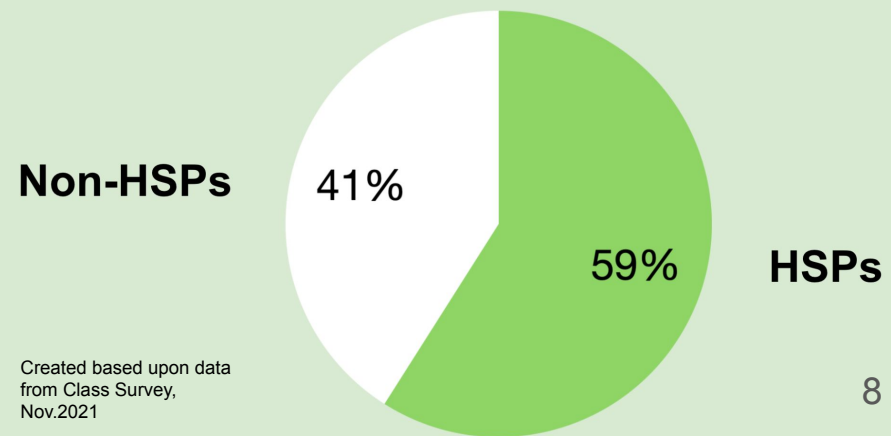
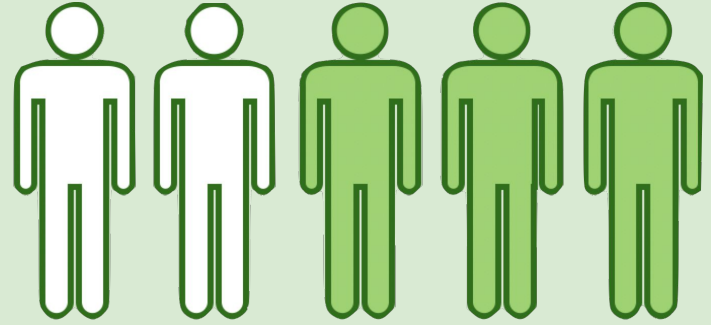


# In the World



Ref: Psychology Today 2021,  
Sussex Publishers, LLC

# In the Class



Created based upon data  
from Class Survey,  
Nov.2021



# What Should we do to Support HSPs?



# HSPs' 5 Challenges

**Sensing more & processing deeply  
can cause HSPs to feel...**

- 1. Different / Misunderstood**
- 2. Overstimulated**
- 3. Emotionally Overwhelmed**
- 4. Low Self Esteem**
- 5. Slower Decision Making**



# Survey about Challenges

1. **Different / Misunderstood**
2. **Overstimulated**
3. **Emotionally Overwhelmed**
4. **Low Self Esteem**
5. **Slower Decision Making**



# 4 Supports for HSPs Wellbeing



1. **Understand own “special HSP ability”**
2. **Develop relaxation skills**
3. **Talk with understanding friend/adult**
4. **Prioritise own needs**

# Changes Schools Can Make to Help

1. **3-minute relaxation in Homeroom**
2. **HSP education in Health Ed.**
3. **Have a quiet place in school**
4. **Create a Supportive Club Activity**

