

The Highly Sensitive Person's *Resource Guide for Thriving* -2018-

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Favorite Book

[The Highly Sensitive Child](#)
Elaine Aron

Already a fan of *The Highly Sensitive Person*, *The Highly Sensitive Person in Love*, and *The Highly Sensitive Person's Workbook*, this year I dove into Aron's work on the ways sensitivity manifests in childhood, and how to help your child navigate. Whether you have a sensitive child or are looking for insight about your own childhood, this book demystifies the often intense and confusing experiences of young HSPs, and reminds us of the strengths of sensitivity.

Favorite Soothing Product

[Lava Stone Aromatherapy Necklace](#)
amzn.to/2jXjpH

Though an aromatherapy amateur, I knew that I found certain scents relaxing. This necklace's pendant is a locket, containing a small, porous lava stone. A drop or two of essential oil on the stone creates a wearable aromatherapy diffuser. Just make sure to wipe off the surface of the stone before wearing the locket, to avoid an oil-stained shirt!

Favorite Instagram Accounts

[@nayyirah.waheed](#)

Nayyirah's powerful poetry explores emotion, relationship, and race.

[@the_splendor_and_travail](#)

Mary is an ecotherapist, and shares deeply resonant perspectives that are embedded in nature and ecology.

[@nairyfstukh](#)

Nairy's poetry expresses experience from a soul level, and weaves mythic themes throughout her visual art.

[@mazadohta](#)

Pavana's poetry travels through the dynamics of diaspora and colorism authentically and powerfully.

Though I have found the resources listed on this page helpful, I cannot guarantee their appropriateness for any individual. This list is not a blanket endorsement of the resources' past, present or future content. These resources are not medical or mental health advice. Users are urged to use independent judgment when considering the use of any resource.