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Sensory processing sensitivity. A human with a particularly high measure of SPS is considered to be a highly sensitive person (HSP). The terms SPS and HSP were coined in the mid-1990s by psycholo-

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The Secret Life of a Highly Sensitive Person. Studies indicate that HSPs actually exhibit increased blood flow in the areas of the brain that process emotion, awareness, and empathy. Since the advent of research into HSPs, biologists have discovered that more than 100 species of animals, including dogs, cats, horses, and even fruit flies, can possess sensory-processing sensitivity.

Highly sensitive people may tend to avoid team sports, where there's a sense that everyone is watching their every move, Zeff says. In his research, the majority of highly sensitive people he interviewed preferred individual sports, like bicycling, running and hiking, to group sports.

Sure, highly sensitive people are more likely to have allergies or sensitivities to food, chemicals, medication, and so forth.

And they're more prone to overstimulation, thus quicker to feel stress — which can lead to other health issues. But sensitivity in itself is not something that needs fixing.

A highly sensitive person (HSP) experiences the world differently than others. Due to a biological difference that they're born with, highly sensitive people are more aware of subtleties and process information deeply. This means they tend to be creative, insightful, and empathetic, but it also means they're more prone to stress and overwhelm.

Highly sensitive people are generally known as being "empaths" and may also be referred to as having sensory processing sensitivity, or SPS for short.

The Highly Sensitive Person

Elaine R. Aron is a highly sensitive person herself who has a Master's degree in clinical psychology, as well as a Doctorate. She has researched the subject using hundreds of detailed interviews with HSPs. She lives in San Francisco and New York.

Sensory processing sensitivity - Wikipedia

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Environment. A highly sensitive person (HSP) often feels like the working world is a hostile and complex place. The competition, rigid structure, criticism, noises and strong conversations deplete their mental and physical energy. Also, their abilities are rarely appreciated.

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Although highly sensitive people are a minority, twenty percent is still a pretty high number. And it's not likely that the trait would be this common if it only had negative consequences. If that was the case, evolution would have done away with us a long time ago. □

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High sensitivity is actually fairly common, found in 15 to 20 percent of the population, according to Dr. Elaine N. Aron, author of the book, *The Highly Sensitive Person*. Both introverts and extroverts can be sensitive.

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The brains of highly sensitive persons (HSPs) actually work a little differently than others'. To learn more about this, see Research. You are more aware than others of subtleties. This is mainly because your brain processes information and reflects on it more deeply.

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