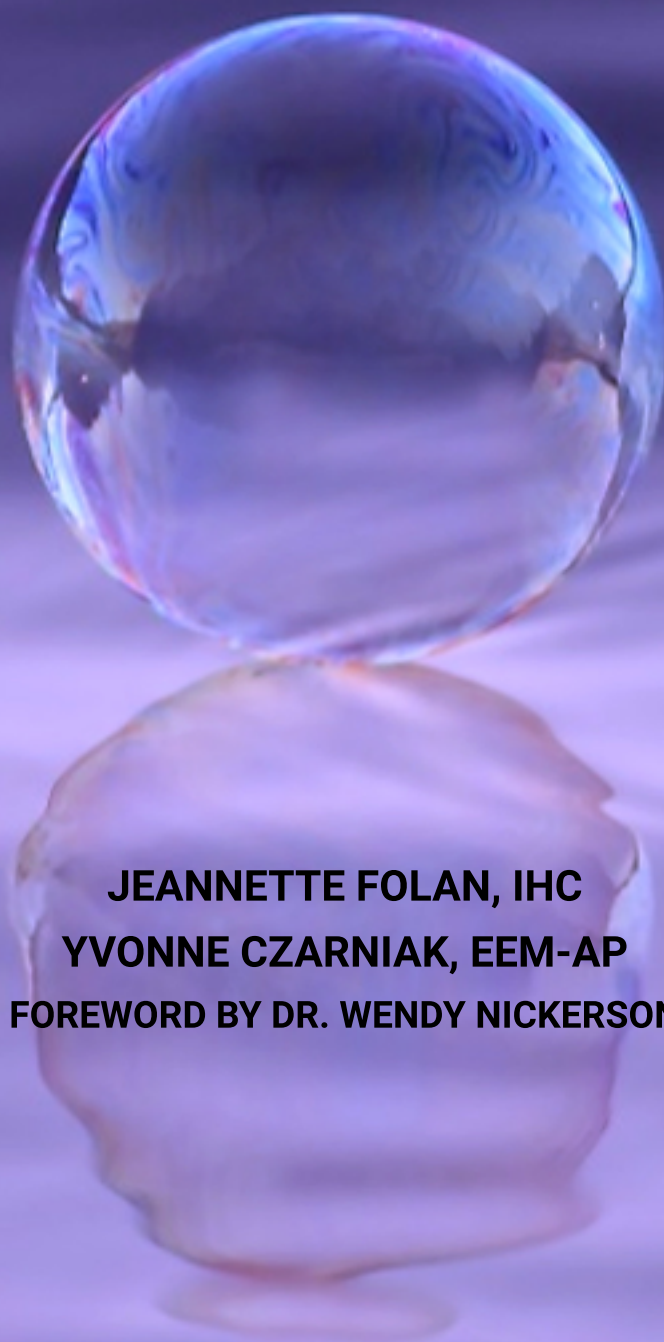




energy skills

FOR HIGHLY SENSITIVE / EMPATH TEENS

*A GUIDED PROGRAM INSPIRED BY THE NOVEL
"DIARY OF A TEENAGE EMPATH"*



**JEANNETTE FOLAN, IHC
YVONNE CZARNIAK, EEM-AP
FOREWORD BY DR. WENDY NICKERSON**

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NOTE TO READER

It is suggested that you follow the order of the Table of Contents, as the material is organized in a progressive manner for highly sensitives/empaths.

The components included throughout the workbook are:

Readings. The main reading content has been kept to a minimal amount or it has been broken up into smaller segments with interactive components and exercises in between.

Questions/Reflections. Nearly each week has a list of questions to be reflected upon. It is suggested that you write your answers in a notebook for future reference - or send them to yourself in an email! (Or use as discussion points with a counselor/coach).

Energy Exercises. Both written instructions and a visual video instruction have been provided for each energy exercise. As these are the core benefits of this workbook, it is important that they be learned and practiced daily. At the end of the workbook, we will compile the exercises into a 5-minute daily routine.

Meditations. Guided meditations are incorporated into a few key sections of the program. These are best experienced using earbuds or in a quiet, private space.

Videos. Several weeks include brief educational videos that include audio.

Other Activities. Some weeks include quizzes or short interactive activities that support the objective of the material.

Diary Entries: Woven throughout the workbook are excerpts from the *Diary of a Teenage Empath* novel that speak to the week's theme and exercises.

Self-Study. These suggested activities and readings are intended for you to incorporate into your daily life and further your skills of self-awareness and development.

References. These are included to help promote further reading/education and are organized by chapter, shown in order of how the material is presented in the content.

FOREWORD

BY DR. WENDY NICKERSON

As a licensed clinical psychologist, integrative health coach, educator, and self-proclaimed highly-sensitive person for over 20 years, I understand that self-awareness, self-care and self-love are at the core of our well-being; and that the foundation for this is effective emotional processing and regulation both in the brain and in the body. Our increased awareness and interest in emotional processing and psychological well being has resulted in an influx of new health services, products and educational material. Few of these, however, are practical or accessible to a substantial sector of the population – teenagers.

Furthermore, there is a sub-sector of the teen population (roughly 20%) who are dealing with challenges related to sensory input overload and emotional regulation, and who are highly prone to depression, anxiety, and suicide. These individuals, known as a Highly Sensitive Person (HSP), also are without relevant information and tools.

This “Diary” Energy Skills workbook fills these voids with a comprehensive and high-consciousness program, and does so in a creative, entertaining and engaging way.

Integrated from evidence-based educational and psychological research, this workbook offers a 'bridge' between traditional self-development tools and the new science of Energy Medicine. The participants learn leading edge strategies and techniques that allow them to manage sensory overload by balancing their bodies' energy; while incorporating multi-sensory exercises and digital elements that will keep a young audience engaged. The educational and creative design allows it to be used in a group or club setting, or serve as a guide for one-on-one counseling and coaching.

Jeannette Folan, the co-author of this workbook and author of the novel “Diary of a Teenage Empath”, is a graduate of my Integrative Health Coach Training Program. Upon meeting her, I immediately realized the value of her dedication and passion in educating young HSP/empaths in the development of self-awareness, self-care and self-compassion. I am delighted to support her on this journey to provide these amazing tools for highly sensitive people.

As an HSP/empathic teen herself, Jeannette struggled with the trait (which was not yet clinically identified at the time) and experienced the common boundary violations of bullying and other abuse. Thus, Jeannette teaches from experience and from a deep passion in helping HSP/empathic young people develop their self-skills and master their sensory trait.

Her qualities, combined with the expertise of her co-author and Advanced Eden Energy Medicine practitioner, Yvonne Czarniak, created a workbook that I consider to be cutting edge material. It encompasses improved functioning while addressing real life, every day challenges with practical information and tools. In my 20 years of working as a psychologist and educator, I have not seen any other program with such a great promise of effectiveness for this very important population.

Dr. Wendy Nickerson earned her Doctorate in Clinical Psychology from Florida Institute of Technology and currently teaches at Calsouthern University, Columbia College, and Acadia University.

She is the founder of International Health Coaching Enterprises and IHC training program and the author of "Wild Women Never Get the Blues".



Because I am blessed and burdened with all that it means to be highly sensitive, seeing Jeannette and Yvonne's *Energy Skills for Highly Sensitive/Empath Teens* warms my heart. It will give you tools and understanding that I wish I had in my own teens, and I am honored to see some of the ideas I have developed show up in its pages!

Donna Eden

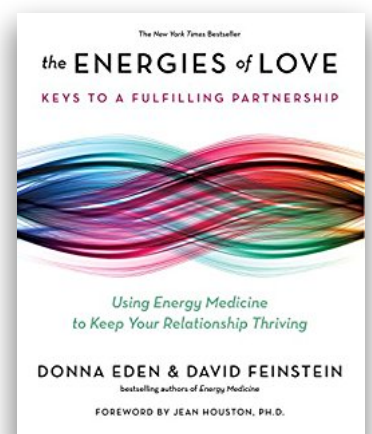
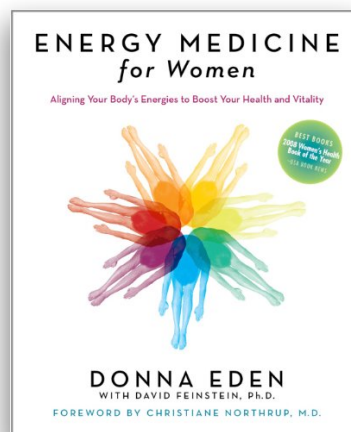
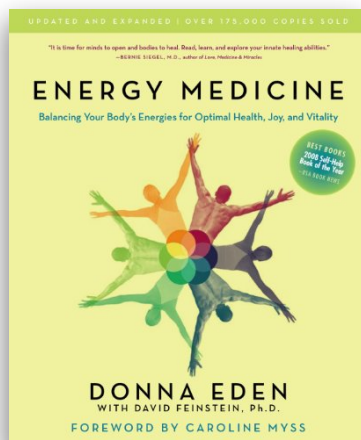
Author, *Energy Medicine*



Donna Eden is a pioneer in the field of Energy Medicine, within both traditional and alternative health care settings. With over four decades of experience, she has become a world-renowned spokesperson, speaking to audiences throughout the United States, Europe, Australia, New Zealand and South America — including universities, hospitals and corporations.

She has treated over 10,000 clients and taught more than 100,000 people worldwide. Many of her students are physicians, nurses, and other mainstream health professionals.

*Donna has authored and co-authored with her husband, Dr. David Feinstein, several award winning books. Most notably are: *Energy Medicine*, *Energy Medicine for Women*, and the NY Times Best-Seller, *The Energies of Love*.*



A NOTE FROM A FELLOW TEEN HSP

Just a few years ago, I was stuck. I had no idea why I was so heavily affected by other people's emotions. My friends would come crying to me whenever they needed help and after talking to them, I'd be so drained that I'd feel like I'd just run a marathon! I wanted to help everyone and keep everyone safe and happy, but it was impossible. They all kept getting hurt, my efforts were useless. It dragged me into a deep depression.

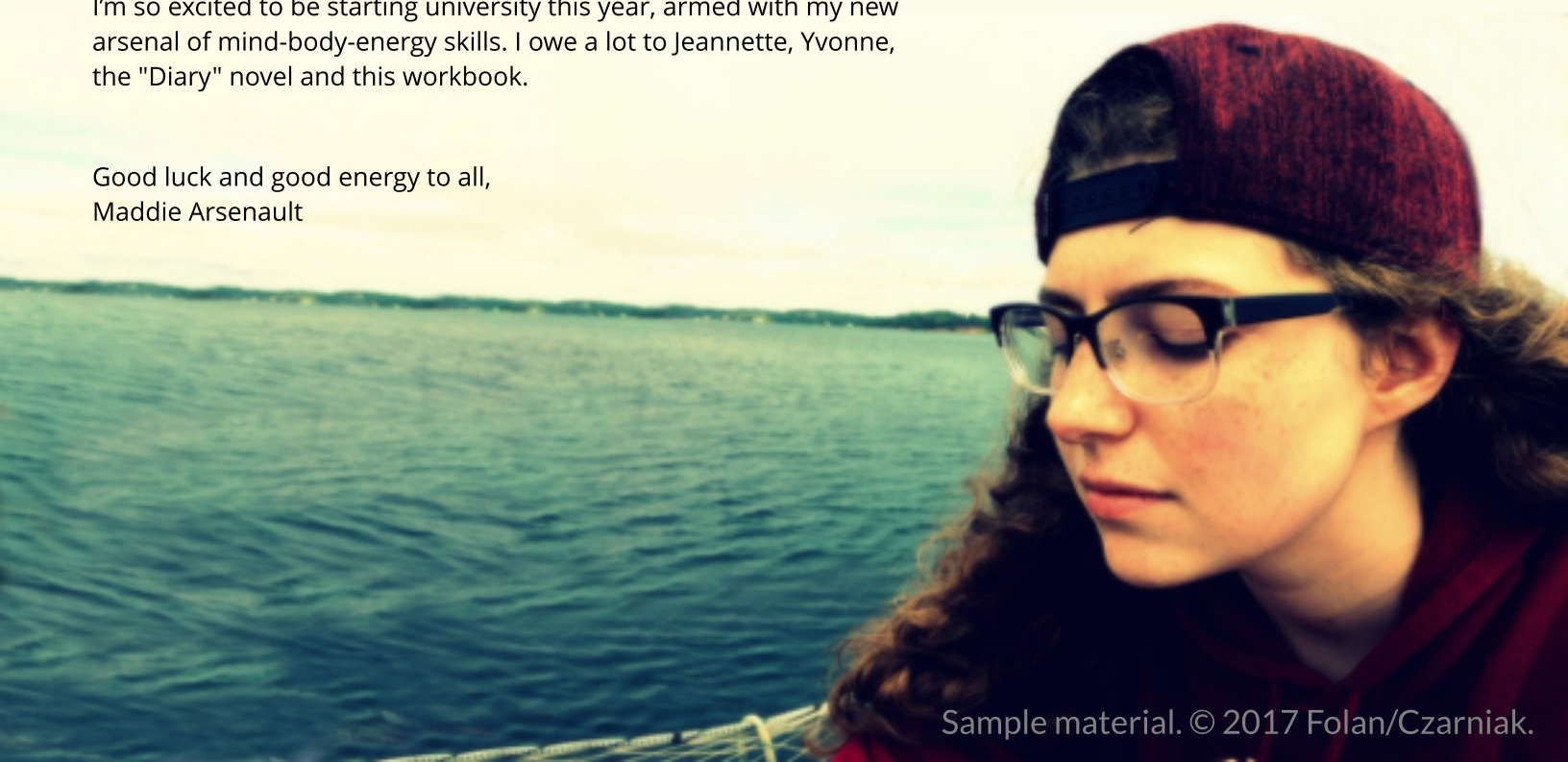
Then in early 2016, while in my 11th year of school, I was given a terrific opportunity. One of my mother's clients was looking for a "teen advisor" to help her edit her novel. I happily volunteered. That lucky moment led me to meet Jeannette, who seemed like one of the calmest people I'd ever met. She fascinated me with how easygoing and happy she was. *I thought adults were supposed to be stressed out all the time?* I know I certainly was. My idea of life was that it was consistently hard and stressful, with only a few fleeting moments of happiness. Obviously, I was not an optimist, but then Jeannette took my views of the world and turned them upside down. She listened to everything I had to say and gave me perspectives that I would never even think of. A lot of this had to do with the kind of person Jeannette is and the beliefs she subscribes to.

At first, I saw being an empath and all of the energy exercises as sort of "hippy-dippy" and that you had to be really relaxed overall, or a vegan or something to even consider it. But then I began to understand that I was a Highly Sensitive Person. It felt so nice to have a label for what I'd been going through — a reason why something as simple as seeing my friends argue in front of me could have me bursting into tears. And from there, I started doing the energy exercises. I was shocked by how *The Bubble* technique made me feel, like I was finally secure in my own space. I kept doing it for a while, until one day it didn't work, and I stopped. After that, I thought that maybe I just wasn't the kind of person these exercises were meant for.

But then some time passed and I tried the grounding exercise. What a revelation! Grounding really helped me feel...grounded! It did exactly what it was supposed to do. In that moment, after having the roughest few months of my life, I felt like I'd found myself. That simple grounding exercise alone changed my life. I do it every day now. And after the success of grounding, I thought '*if these exercises can make Jeannette so peaceful and happy, I'm all in.*' So I tried the other exercises, too, and each one has helped me in one way or another. (My personal favorite is the chopstick/pencil one.)

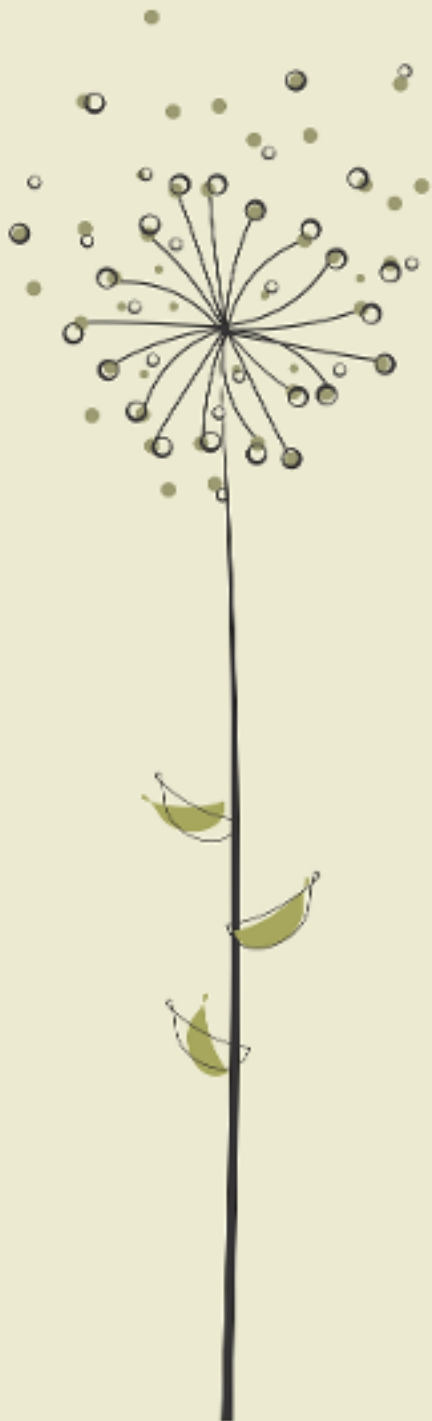
I'm so excited to be starting university this year, armed with my new arsenal of mind-body-energy skills. I owe a lot to Jeannette, Yvonne, the "Diary" novel and this workbook.

Good luck and good energy to all,
Maddie Arsenault



energy skills

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**The following is a
small sampling of
pages taken from
chapters 1, 4 and 11.**

WHAT IS A HIGHLY SENSITIVE/EMPATH?

If you are reading this workbook, chances are you are either highly sensitive or an empath. But what does that mean and who actually defined those terms?

Glad you asked.

The term **Highly Sensitive Person (HSP)** was coined by Dr. Elaine Aron, a woman who is wicked smart. We're talking like 26 years of schooling, most of which were spent studying clinical psychology. In the 1990's, she (and her husband, Dr. Arthur Aron), researched the "sensitivity" trait. What she discovered is that there are people who are **hypersensitive to external stimuli (their surroundings), have a greater depth of cognitive processing, and high emotional reactivity.**

The term she picked to describe this trait is Sensory Processing Sensitivity (SPS). And the term she picked to describe someone who has the SPS trait is — you guessed it — a Highly Sensitive Person.

A few bits of interesting info that Drs. Aron and others in the field have discovered:

- the SPS trait is found in roughly 20% of the population
- SPS is a personality trait. It is **not** a condition or disorder
- over 100 other species have been identified as having SPS

As for the term **empath**, we might have to credit that one to Captain James T. Kirk of the Starship Enterprise. Seriously. In 1968, Star Trek released an episode called *The Empath*, which featured a character named "Gem" who was a healing empath. But in all fairness, credit should probably go to British psychologist, Edward B. Titchener, who coined the term 'empathy' in 1909.

Empathy is the ability to understand and share the feelings of another. Every person on the planet has the ability to some extent. When someone is showing empathy, they are said to be *empathetic*. But empaths are more than empathetic — and different than HSPs — because they are not only hypersensitive to external stimuli, they are also sensitive to energetic stimuli. One way to describe it is that an empath can feel the emotions that someone is experiencing without having to go through the experience themselves. And some empaths feel more than just emotional energy, but that's getting ahead of ourselves...



Neuroscience has proven that similar areas of the brain are activated both in the person who suffers and in the one who feels empathy. Thus, empathic suffering is a true experience of suffering.

- Matthieu Ricard, French writer/Buddhist monk

ENERGY MEDICINE

One of the main aspects of this workbook is to share information about Energy Medicine (based on the Eden Energy Medicine system) and demonstrate some techniques which can help you balance your energy and keep it flowing.

The term 'Energy Medicine' is somewhat ambiguous because although the term 'medicine' is used, it is not referring to the traditional Western-based medicine involving diagnostic imaging, therapy equipment, surgery and pharmaceuticals.

Energy Medicine is closer to yoga and tai chi in that it is based on systems like the chakras (energy centers), meridians (energy pathways), the natural energy system of the body (known as the biofield), and other systems. Although instruments to measure these energy systems are not yet readily available to the public, we are discovering that this energy system can be manipulated to correct imbalances or to remove blockages which may cause decreased physiological performance, pain or illness.

- Strategies for restoring and maintaining the health of the body's energies by stimulating specific "energy points" have been passed along the generations in China and other parts of the world for at least 5,000 years.
- Energy Medicine is one of five categories of Complementary and Alternative Medicine (CAM) as identified by the National Institutes of Health (NIH).
- A 2011 survey by the American Hospital Association (AHA) revealed that 42% of hospitals offered one or more CAM therapies.
- There are approximately 87 medical schools in the U.S. that offer CAM courses to their medical students.

About this book:

There are far too many aspects of Energy Medicine to convey in one workbook, so we've stuck with the information and tools that we believe will be most useful and appropriate. We've also sprinkled in some self-study projects and astonishing stories. Reference notes are included at the back of the book so you can investigate further if you choose.

Although this workbook was created with Highly Sensitive People in mind, most of the Energy Medicine information and exercises are applicable to insensitive people, too. Wait, that didn't come out right.



DIARY ENTRY: DECEMBER 26

Jenny and Aunt Maggie have a heart-to-heart talk about life

"When you wrote me while I was on the Camino, you said you sometimes didn't know how you got out of bed in the morning; that you felt lost without any point or purpose to your life."

I nodded, embarrassed that I had revealed my darkest thoughts to her. Then I said, "But that was before," trying to act like it was years ago and not months.

"Before what?" she asked.

"Before I met Nathan and all my new friends. And before you and I became so close."

She reached over and took my hand in hers. It was so comforting and fit so well with mine, it seemed our hands must have grown together like this over years or lifetimes. Her voice, too, was comforting, and the words that passed her lips resonated with such truth, they almost took on an angelic shape and color as they escaped into the air between us.

"The thing is, Jenny, the purpose of your life cannot be a boy or friends or me. You have to learn how to get out of bed so you can be with you. You must be the point and purpose of your life. Does that make sense?"

She waited patiently while I stared down at our intertwined hands, but I was afraid that if I opened my mouth, my own truth would come out, only the shape and color would reveal something dark and demonic. I finally swallowed hard, acknowledging to myself that my Aunt Maggie was the one person that required no shielding or bubbles or half-truths either. If I was going to learn from her and benefit from her experience and wisdom, I needed to show her all my broken parts.

Part of the journey of discovering and creating who you are going to be is to uncover your purpose and passion in life. Go slow...enjoy the process...make your own rules. That's when you'll notice the miracles.



WHO ARE YOU?

THE IDENTITY CRISIS OF SENSITIVES/EMPATHS

Have you ever found yourself behaving like the person or people around you even though it was 'out of character' for you? Perhaps your new friend was getting a tattoo and although you've never considered getting one, you suddenly found yourself searching the internet for a design that appealed to you. Or maybe you start dressing more like the people you hang out with or begin using their language (swearing, accents, expressions, etc).

It's true that all teens are in the process of developing their sense of self. In fact, only recently did cognitive neuroscientists discover exactly where that development happens in the brain — the dorsal medial prefrontal cortex. (Say that 10 times fast!)

Adolescence up through the mid-twenties is known (socially and scientifically) to be the time you explore what's out there... what you like and what you relate to; and then incorporate some of those things as part of your identity. But as an HSP/empath who is sensitive to the energy of those around you, it's likely that you will be influenced by other people more than most of your peers.

As one young HSP/empath put it, "I am an involuntary chameleon changing my colors to blend in with anyone I spend time with." Although this young man said that he did not intentionally modify his behavior to match those around him, like the chameleon, he found it was instinctive — almost like a survival technique.

But unlike chameleons, we humans don't need to change our colors for survival. And the downside of this behavior is that we tend to lose our true selves in the process.

So how do we find out who our **true self** really is if we get caught up reflecting the behavior and characteristics of those around us?

Here are a few activities that might help you display your true colors. (*Read these now, but try them on your own*).

Go to your bedroom and take a look around. What do you see? As you look at each item, each poster, picture, t-shirt, and trinket, ask yourself 'how did I come to have that?' and more importantly, 'does it fit with who I am?'

Is that band poster something you bought yourself because you follow them religiously? Do you keep that stuffed dolphin because your fish-loving friend gave it to you? What about the color of your room? The decorations? Do they represent who you are or someone else?

Before you go getting into trouble with your parents, telling them you should be allowed to paint and redecorate your room, remember that this is an exercise to check with whether you are prone to expressing others instead of yourself.

That said, if you find that you don't relate to your environment, then maybe some new pictures or posters would be a good first step to expressing your own identity. You also might find that you enjoy being with yourself there more, too.



Make a list of ten people you hang out with (excluding your parents). Next to each name, fill in the blanks to this question: I sometimes _____ (behavior/action) just like _____ (name).

A few examples might be: *I sometimes use mannerisms just like my brother. I sometimes talk sarcastically just like my friend, Zoe.*

This exercise is not about judging yourself or others for whatever the 'something' is. Instead, it's a tool you can use to measure how influenced you may be by those around you.

∞

Nothing-the-Same Day. This exercise will really shake up your neurons (in a good way). Here's the challenge: for 24 hours, do nothing the same as you would normally do.

Eat food you've never had before (or eat your meals out of order). Sit in a different chair. Listen to music you normally wouldn't like. Wear two different colored socks. Write with the opposite hand. Ask a stranger (someone not your age) what their favorite book or movie is and then read or watch it. Sleep sideways across your bed.

You get the point. For 24 hours, try doing nothing the way you would normally do it. The more 'out of your comfort zone', the better. But wait! Before you go jumping out of an airplane or starting a fistfight with a kangaroo, please use your developing dorsal medial prefrontal cortex (your decision-making center) and avoid anything that could get you in trouble.

The following two tests take approximately 15 minutes to complete. Reading the full results of the 16 Personalities Test can take over 30 minutes,



Take the 16 Personalities Test! If you don't already know your personality type, take this test to learn more about who YOU are.

Tip: find your own quiet space to take the test.

Make a note of what type you are AND how you feel about the result. Do you agree with the assessment? Most people say "That's exactly me! It's scary how accurate it is!" If you don't have that response, wait 2-3 weeks and take the test again.

16 PERSONALITIES TEST

After taking the test, please go to the [EmpathDiary.com](https://empathdiary.com) website and take the "[Are You An Empath](#)" quiz. By participating in both tests, you will help us determine if there is any correlation between personality types and HSP/empaths.

PONDER THIS...

Have you ever noticed you were mimicking someone else without meaning to?

Do you ever feel less like yourself when you are in a group or with specific people?

Where do you feel your greatest behavioral influences come from? (Family, peers, TV celebs)

Which of the suggested exercises do you think would have the biggest impact on you? Why?

More on how meditation works...

Only recently, because of functional MRI scans (fMRI) and electroencephalograms (EEG), have scientists been able to discover what happens in our brains when we meditate.

Thus far, it's been determined that meditation decreases activity in the Default Mode Network (DMN) in our brains. This network is actually a group of regions in our brain that appear to always work together and activate when our minds are wandering. "By default", this network kicks in when we are not focused on a task.

A related study concluded that wandering minds are UNhappy minds. And that a wandering mind is not the result of being unhappy, but that unhappiness is the result of a wandering mind.



How do you meditate?

Although there are many styles of meditation, let's try some basic steps in a Mindfulness Meditation practice. Find a place to sit comfortably and take 2 minutes to try each of these meditation steps (8 minutes total).

MINDFUL BREATHING: Inhale a relaxed, full breath. While doing so, focus your mind on the breath. Recognize "*this is an inhale.*" Take as long as you want to inhale and repeat the process as you exhale, being mindful — "*this is an exhale.*"

CONCENTRATION: Continue the breathing exercise and this time, focus on the path of the air as it enters your nose or mouth, moves past your throat, down the airway and into your lungs — then back out the same path.

WHOLE BODY AWARENESS: As you continue breathing, move your awareness to your whole body. Recognize "*this is my body breathing in...this is my body breathing out.*"

RELEASING TENSION: As you become more aware of your body, notice if you are holding any tension in a specific place (such as your shoulders). On your next inhale, send the breath to that place (as if your shoulders are your lungs) and recognize "*this is my body releasing tension.*"

If you notice your mind is wandering in class, try this mindfulness trick. Look at an object in the room. In your mind, name and describe the object (as if you're describing it to an alien). Repeat this for several objects, then return your attention to your work.

Are you not thinking
what I'm not
thinking?



Watch this awesome video on your own



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MEDITATION

The word meditation is used in many contexts. It can mean to think, contemplate or daydream. When we use the word in the context of personal development, it means the opposite... **to rest the mind and, essentially, stop thinking.** We'll explain more on the next page and we'll do a meditation exercise. In the meantime, here are some quick facts about meditation.



To "meditate" means to engage in mental exercise (such as concentration on one's breathing or repetition of a mantra) for the purpose of reaching a deeper level of awareness of one's self and the world.



Archeologists and scholars agree that meditation started roughly 5,000 years ago. It expanded from India to China, then Japan and on to the Western world.



In the 1960's, meditation gained popularity in America and Europe (predominantly with the 'hippie' generation)



Starting in 1995, books, instructors and meditation centers flooded the western world.

In 1979, a program was started at the University of Massachusetts to treat patients with chronic illness using mindfulness practices and meditation.



On August 8, 2014, over 140,000 people from nearly every country in the world came together to set a Guinness World Record for the largest meditation gathering in history.



Neuro research in the last 10 years reveals that 12-20 minutes of meditation each day for several weeks significantly improves concentration and memory. Watch this 2 minute video now!

Wanna score a better grade on your next test?



CROWN PULL

Let's start this section right off with a few questions:

How often do you experience headaches, neck/face tension or mental anxiousness?

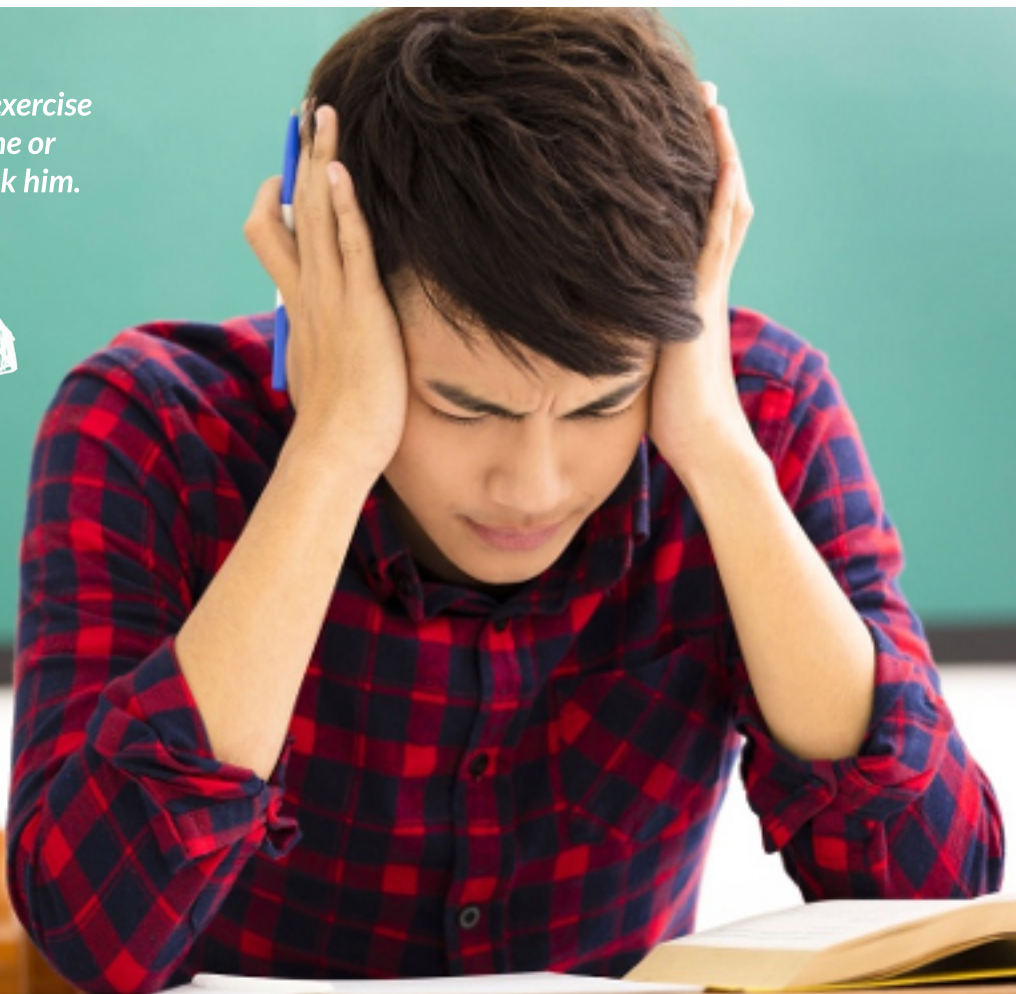
Do you experience these at specific times (studying, in class, before bed)?

What do you normally do for relief?

The Crown Pull exercise helps energy move through your head. It moves the skull plates and stimulates blood flow to your skull and brain and clears the crown chakra (energy center). Oftentimes, your brain is processing so much that the energy can become sluggish or blocked. By stimulating the head, you can release some of that blockage, which calms your nervous system and clears your mind.

Example: Headaches can happen when there is tension present in the neck and shoulders, so the energy gets stuck and can't flow effectively. Too much obstruction in one place can cause pulsing, throbbing pain. By moving the energy manually with your hands, you can release the tension or block and give relief to your body.

The Crown Pull is a great energy exercise to do when studying for a long time or working at your computer. Just ask him.



You can try the Crown Pull any time you are experiencing:

- Mental congestion or sluggish thinking
- Mental anxiousness (can't shut brain off; repetitive thoughts)
- Momentary forgetfulness
- Headache
- Grinding teeth
- Tension around face, neck and head muscles

EXERCISE

1. Put your thumbs on your temples with your fingertips resting at the middle of your forehead.
2. Applying pressure, slowly pull your fingers towards your temples, stretching the skin across your forehead. As you do this, breathe deeply in through your nose and out through your mouth.
3. Repeat this movement, this time starting with your fingertips at your hairline. Breathe in and out as before.
4. Repeat again at the top, center, then back of your head, continuing until you reach the base of your neck.
5. Move down to your shoulders and push your fingers in and hold. Then pull across your shoulders towards the front. Hold your hands there until it feels right, then release and drop your hands/arms.



While simply massaging your head can feel great and stimulate the energy, the Crown Pull is different because placing your hands in the position shown in Step #1 (at the triple warmer activation point on your temples) signals the energies to calm and shift. Starting at the forehead and moving up and over the head, then down to the neck and shoulders moves the energy in a specific path that directs the flow out of the head.

SELF-STUDY

Try using the Crown Pull technique **reactively** (after mental congestion, a headache or tension) versus **proactively** (as you sit down to study or work at your computer).

Did one work better than the other?

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