

# Sensory Processing Sensitivity (SPS) Infographic

## What is SPS?

- A temperament trait involving deep processing of sensory input.
- Common in 15-20% of the population.
- Not a disorder, but a sensitivity difference.

## Key Symptoms

- Easily overwhelmed by bright lights, loud sounds, or crowds.
- Deep emotional reactivity to music, art, or people's moods.
- Strong startle response to sudden changes.
- Need for downtime to recover after stimulation.

## Strengths of Highly Sensitive People (HSPs)

- Strong empathy and compassion.
- Deep processing leads to creativity and insights.
- Excellent at noticing details others miss.
- Meaningful connections with people and environments.

## Coping Strategies

- Create quiet recovery spaces at home.
- Limit exposure to overstimulating environments.
- Practice mindfulness or grounding exercises.
- Establish healthy boundaries in relationships and work.