

The Emotional Sensitivity Guide™

Understand why feelings may seem closer to the surface and respond with more care.



Emotional sensitivity may show up as stronger reactions, easier tears or less tolerance for conflict and demands. It is an experience to understand, not a character flaw.

What Might It Look Like?



Crying more easily



Taking criticism more deeply



Feeling affected by conflict



Less tolerance for noise or demands



Absorbing other people's moods



Feeling unexpectedly sentimental

What May Be Turning Up the Volume?



HORMONAL SHIFTS

Changes during perimenopause may affect mood regulation.



ACCUMULATED STRESS

Caregiving, work, finances and mental load can build quietly.



HEALTH & MEDICATIONS

Physical health, mood conditions and medication effects may contribute.



LESS RECOVERY

Poor sleep, pain or fatigue can reduce emotional capacity.



LIFE TRANSITIONS

Changing roles, relationships, grief and identity can bring feelings forward.

More than one influence may be present.

Respond Without Judging Yourself

1



NAME THE FEELING

Choose a simple word: hurt, sad, angry, worried, tender or overwhelmed.

2



CHECK THE CONTEXT

Ask what happened, what it touched and what else you are carrying.

3



REDUCE EXTRA INPUT

Pause the conversation, lower noise or step away from the screen.

4



CHOOSE WHAT THE FEELING NEEDS

Comfort, expression, information, rest, action or a boundary?

5



RETURN WHEN YOU HAVE MORE CAPACITY

You can revisit the concern without forcing an immediate answer.

What Is This Feeling Pointing Toward?



I may need: _____

I may need to say: _____



Gentle Reminder

Sensitivity can offer useful information, but persistent or difficult-to-manage emotional changes deserve professional support.



Martine's Midlife Wellness Tip

Ask, "What is making this feel especially tender today?" The answer may be larger than the moment in front of you.

