

energy skills

FOR HIGHLY SENSITIVE / EMPATH TEENS

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

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



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NOTES TO INSTRUCTOR/LEADER

Each week's material has been created to include a variety of elements which take approximately 35-40 minutes to complete. This allows you to use any remaining time at your discretion for extended discussions, to review the previous week's material, etc. It is suggested that you follow the order of the Table of Contents, as the material is organized in a progressive manner for highly sensitive teens.

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. It is suggested that the text be read aloud by someone in the group rather than silently.

Discussions. Nearly each week has a scheduled time for discussions with questions provided.

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 practiced during the meeting and that the students be encouraged to practice the exercises on their own at home.

Meditations. Guided meditations are incorporated into a few key sections of the program. Students may wish to use headsets/earbuds to experience the meditations individually or, if an audio system is available, it is recommended they are done as a group.

Videos. Several weeks include brief educational videos that include audio. It would be beneficial if the students could view/hear the videos as a group.

Other Activities. Some weeks include quizzes or short interactive activities that support the objective of the material. If students need to bring any supplies for these activities, they are indicated on the last page of the previous week's 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 / On Your Own. These suggested activities and readings are intended for the student to incorporate the practice into their daily life and further their skills of self-awareness and development.

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*

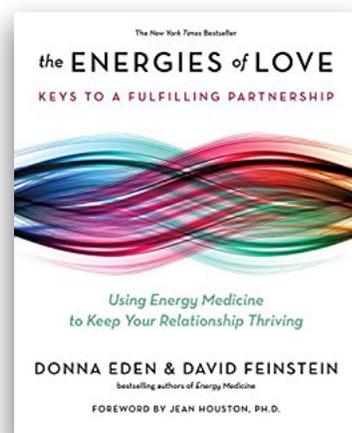
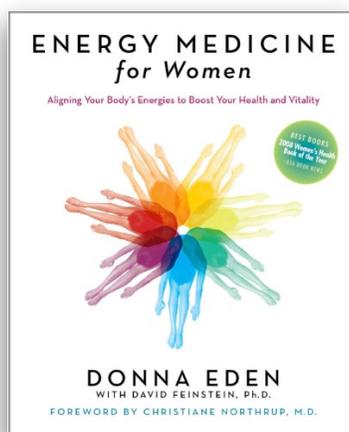
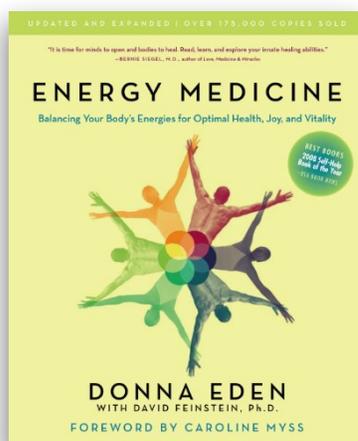


Donna Eden is a pioneer in the field of Energy Medicine, within both traditional and alternative health care settings. With over four decades of experience, she has become a world-renowned spokesperson, speaking to audiences throughout the United States, Europe, Australia, New Zealand and South America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

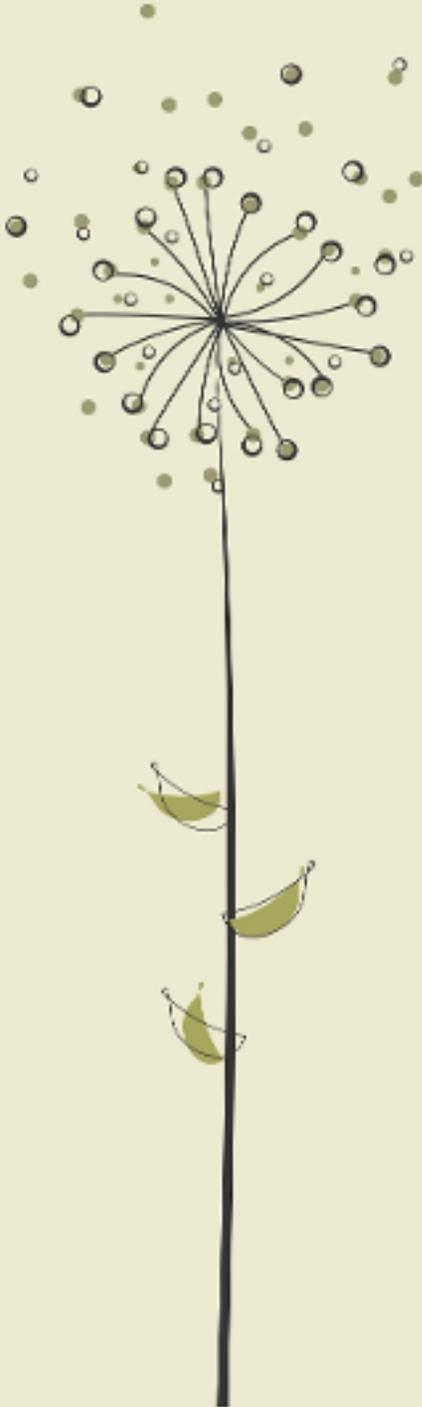
I'm so excited to be starting university this year, armed with my new arsenal of mind-body-energy skills. I owe a lot to Jeannette, Yvonne, the "Diary" novel and this workbook.

Good luck and good energy to all,
Maddie Arsenault



energy skills

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JEANNETTE FOLAN

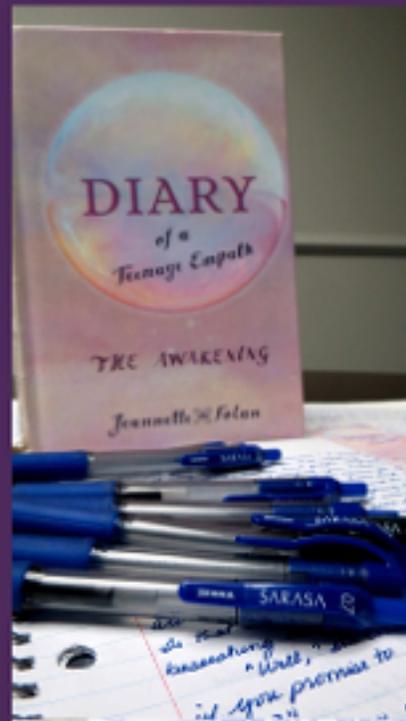
IHC (Integrative Health Coach)

I never set out to write a novel. The challenges I faced as an HSP/empath had sent me into a tailspin of confusion, anxiety and depression. Then someone suggested I keep a journal of my feelings and experiences; that it would help me to process everything. As much as I loved to write, I had a terrible time journaling. I didn't like writing about ME. Then one day I changed the perspective of my journal and started writing about my experiences through the eyes of a teenage girl named Jenny. It didn't take long to complete the first draft of "Diary of a Teenage Empath", but shortly after it was published, I realized that it wasn't enough by itself to help those teens who were awakening to their HSP/empath gifts. That's when the idea for the workbook took hold. One year later, with the gracious help and talent of my dear friend, Yvonne, the Energy Skills workbook was created.

This workbook is still only a beginning... the first steps to introduce you to the tools and techniques available to help you master your unique trait. As you progress through this material, trust your instincts. Absorb as much as you can, try everything out and then see what sticks. Above all, know that you are not alone.

Despite how challenging my experiences have been, I wouldn't trade them for anything. I'm not saying that because I've come out on the other side with a life full of unicorns and rainbows. I'm actually still in the middle of my story... still fumbling and learning and growing. But I know this: with each new skill I learn, I am not only able to create a more powerful, magical life for myself, I am also able to help others do the same. It is my sincere hope and intention that this workbook will do that for you.

By the way, the personal stories and comments throughout the workbook are me talking.



YVONNE CZARNIAK EEM-AP

(Eden Energy Medicine - Advanced Practitioner)

My energy story started in 1997. That was the year I discovered Tai Chi. I had been curious about the far east exercise and needed to find a way to de-stress from my job. It cleared my head so well, I was totally hooked – so much so that I became a certified instructor of Yang Style Tai Chi Chuan in 2000. I love working with people of all ages and physical abilities, teaching concepts of energy and balance – both inward and outward.

Sticking with the energy theme, I then took a 4-year program and became a certified Advanced Eden Energy Medicine Practitioner and an Energy Medicine 101 and 102 Instructor. The exercises in this workbook are based on those teachings.

My whole life has been leading up to this point: to helping you learn how to listen to your body and address the slow moving or blocked energies before it manifests as a physical pain. It can shift in an instant. Are you ready?

