



Inner Healing Empath

What is an Empath?

8 Signs You're a Highly Sensitive Soul

Support for Sensitive Souls & Highly Sensitive People

Date: 20 June 2025

By: Gill Minto - Inner Healing Empath

Introduction:

Have you ever walked into a room and instantly felt overwhelmed... even when no one said a word? Or perhaps you've been told you're "too sensitive" or that you "feel too much." If that sounds familiar, you might be an empath.

I'm Gill - an empath mentor, energy healer, and soul-led guide. I discovered I was an empath in 2002, after a spiritual awakening that changed my life. Suddenly, everything started to make sense - the emotional intensity, the noise sensitivity, the need to retreat and recharge.

If you're wondering whether you're an empath too, here are 8 common signs to help you connect the dots.



"Being an empath is a gift - with the right tools, you can thrive"

1. You Absorb Other People's Emotions

You don't just notice how others feel - you *feel* it in your body. You may take on their sadness, anger, or anxiety without realising it, often feeling drained after being around people.

2. You're Sensitive to Noise, Crowds, or Chaos

Loud environments, bright lights, or too much going on at once can feel overwhelming. You thrive in calm, peaceful spaces and may need regular quiet time to reset.

3. You Feel Deeply — Sometimes to the Point of Exhaustion

Whether it's a heartfelt film, a sad news story, or someone else's pain, your heart feels it all. Your emotional world is rich, deep, and intense.

4. You Need More Time Alone Than Most

You might enjoy spending time with others, but too much socialising leaves you depleted. Alone time isn't a luxury - it's essential to your wellbeing.

5. You're Intuitive and Spiritually Curious

Many empaths have a strong connection to their intuition, dreams, and the spiritual realm. You may feel drawn to angels, spirit guides, crystals, or energy work without knowing exactly why - yet.

6. You're a Natural Helper and Healer

People open up to you easily and you often feel compelled to help. You may have healing hands, a calming presence, or be the "go-to" person for others in crisis - but you're learning the importance of boundaries.

7. You Struggle With Overwhelm or Burnout

Because you feel so much, life can get intense. Without proper self-care, many empaths experience chronic stress, anxiety, fatigue, or even health issues like hormonal imbalances and nervous system dysregulation.

8. You Feel Most Alive in Nature

Whether it's sitting under a tree, walking on the beach, or listening to birdsong, nature restores your spirit. It's where you feel grounded, whole, and safe.

Final Thoughts

If you've recognised yourself in any of these signs, know that you're not alone - and there is nothing wrong with you. Being an empath is a sacred gift, even if it doesn't always feel like it. With the right support, boundaries, and practices, you can thrive in your sensitivity and use it as a guiding light.

I see you, I honour your path, and I'm here to support you every step of the way.

If you'd like to explore empath-friendly support, you might enjoy:

- [My Nourish Membership](#): A monthly space to recharge your sensitive soul
- [Oracle Card Readings](#): to support empaths and highly sensitive people
- [Free 5 Day Nourish Challenge](#): reset your energy with simple daily rituals

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Love, light and blessings

