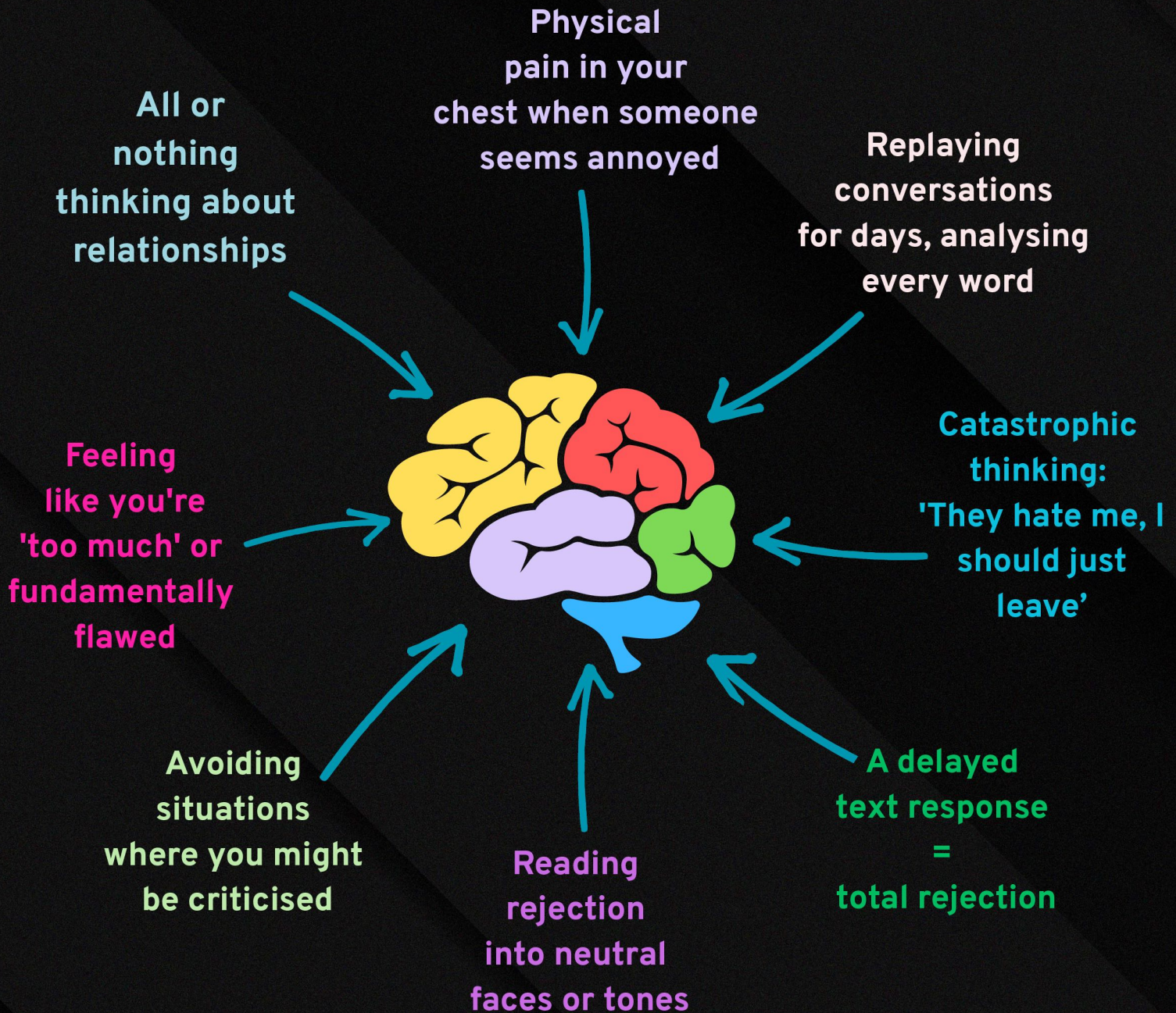


# What is Rejection Sensitive Dysphoria (RSD)?



**RSD isn't being 'too sensitive', it's a neurological difference that makes rejection feel like a physical emergency.**



# Managing RSD: Strategies That Work

**1**

**Forest walks help me reset. Low sensory environments are key for re-regulating my nervous system**

**2**

**Mindful breathing focuses my brain on the present, instead of my spiraling thoughts**

**3**

**I practice self-compassion: I'm learning, not failing**

**4**

**My animals are the best therapy. They don't require anything from me except my presence.**

**5**

**Learning about my neurodivergent brain helps me understand I'm not broken**

**6**

**I remind myself that RSD is real, but it's not always reality.**

**These are personal strategies that work for me. Find what works for  
YOUR nervous system - we're all different.**