



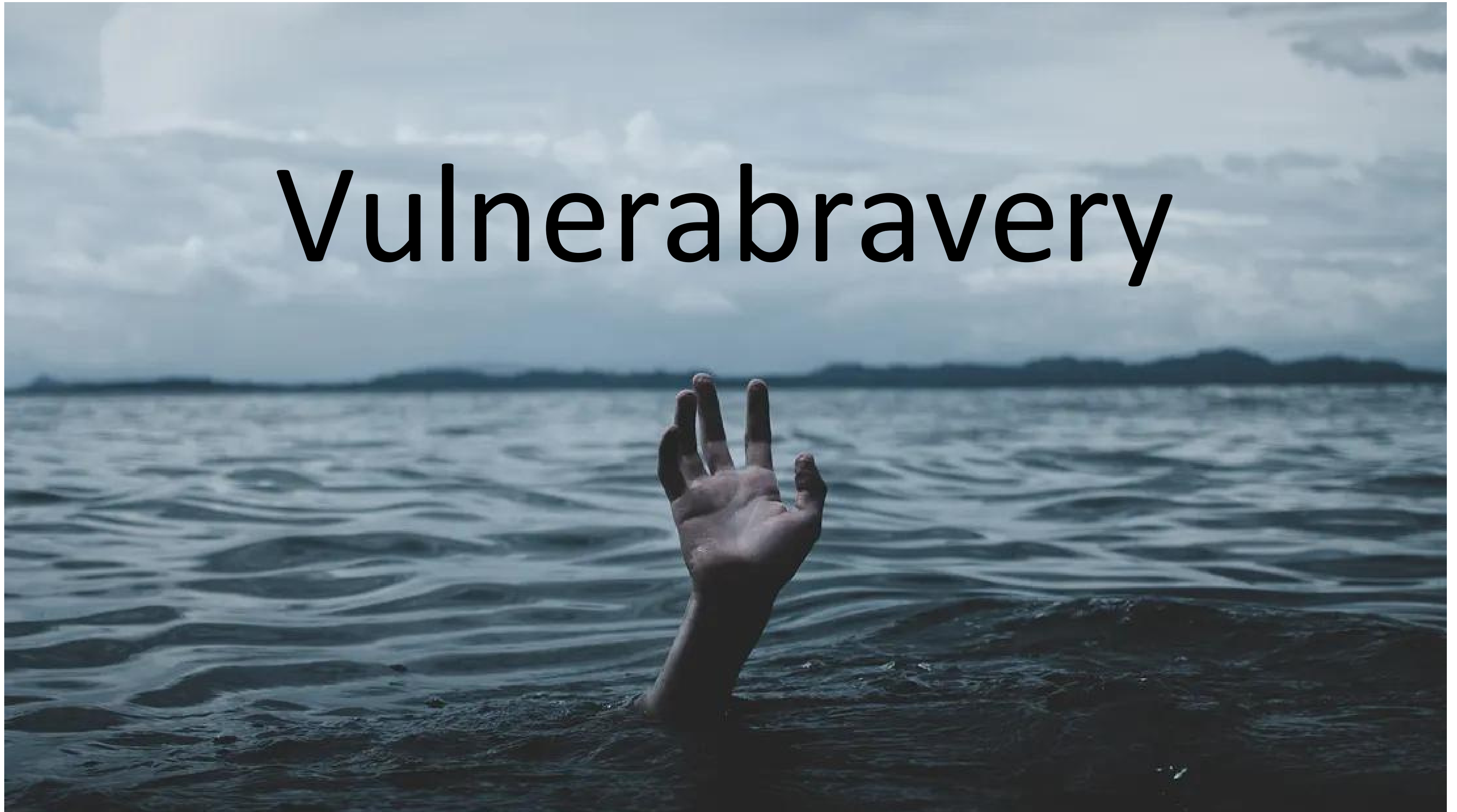
EMBRACING SENSITIVITY FOR A SUCCESSFUL ADJUSTMENT

Karina Lagarrigue, Universitat de Girona (Spain)

International mobility is accessible to people worldwide



Vulnerabavery



RESEARCH

The unseen emotions that colour our lives

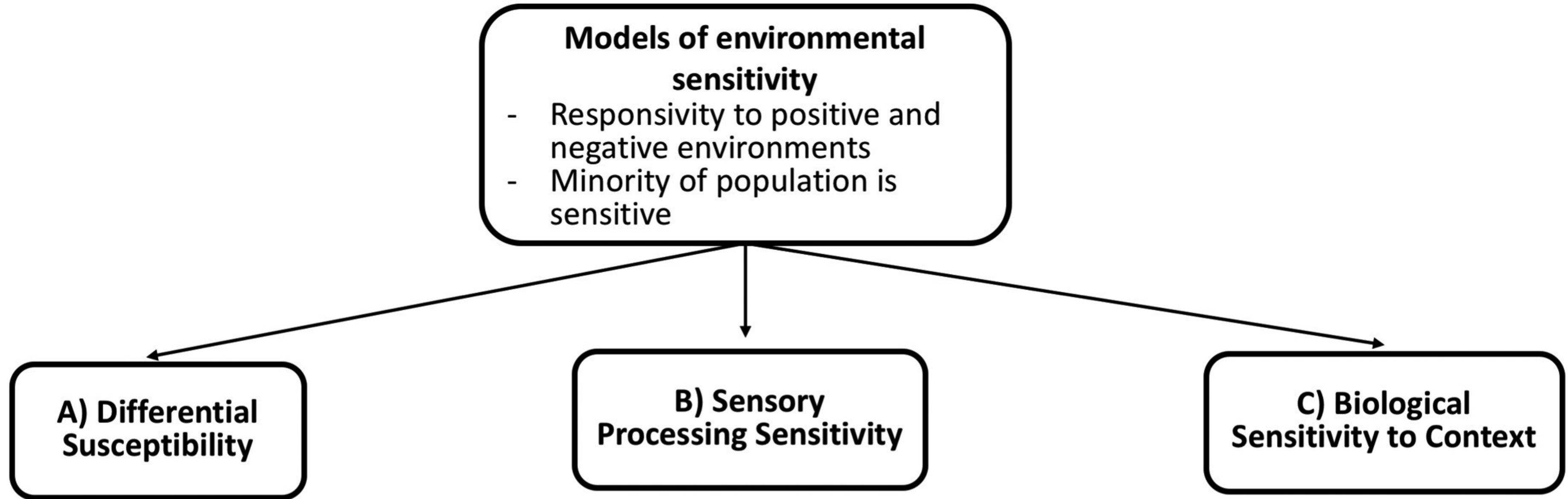




The invisible expats: Spouses and children

RESEARCH

THEORETICAL FRAMEWORK



Greven, C. U., Lionetti, F., Booth, C., Aron, E. N., Fox, E., Schendan, H. E., Pluess, M., Bruining, H., Acevedo, B., Bijttebier, P., & Homberg, J. (2019).

If expats have increased risk of developing mental health concerns such as anxiety or depression...

(Truman et al., 2011)



..and pregnancy is a time of increased vulnerability for some women when it comes to mental health...then...

(World Health Organization. (2022, September 19))

RESEARCH

**STUDY 1: Sensitivity in Transition:
An In-depth qualitative study of
Expatriated Highly Sensitive
Mothers**



Good understanding of their own thoughts and feelings, as well as other people's



Often see both the bigger picture, and the finer details

Creative, imaginative, inventive, artistic, entrepreneurial



Aware of changes in their environment



Good at setting goals, planning and time management



Often moved by beauty, arts and nature



Some advantages of being a highly sensitive person

Image credit: Tiffany Stenger and Kaaryn Cater (2021).

Expatriation is not traveling



Aware of changes in
their environment

Image credit: Tiffany Stenger
and Kaaryn Cater (2021).

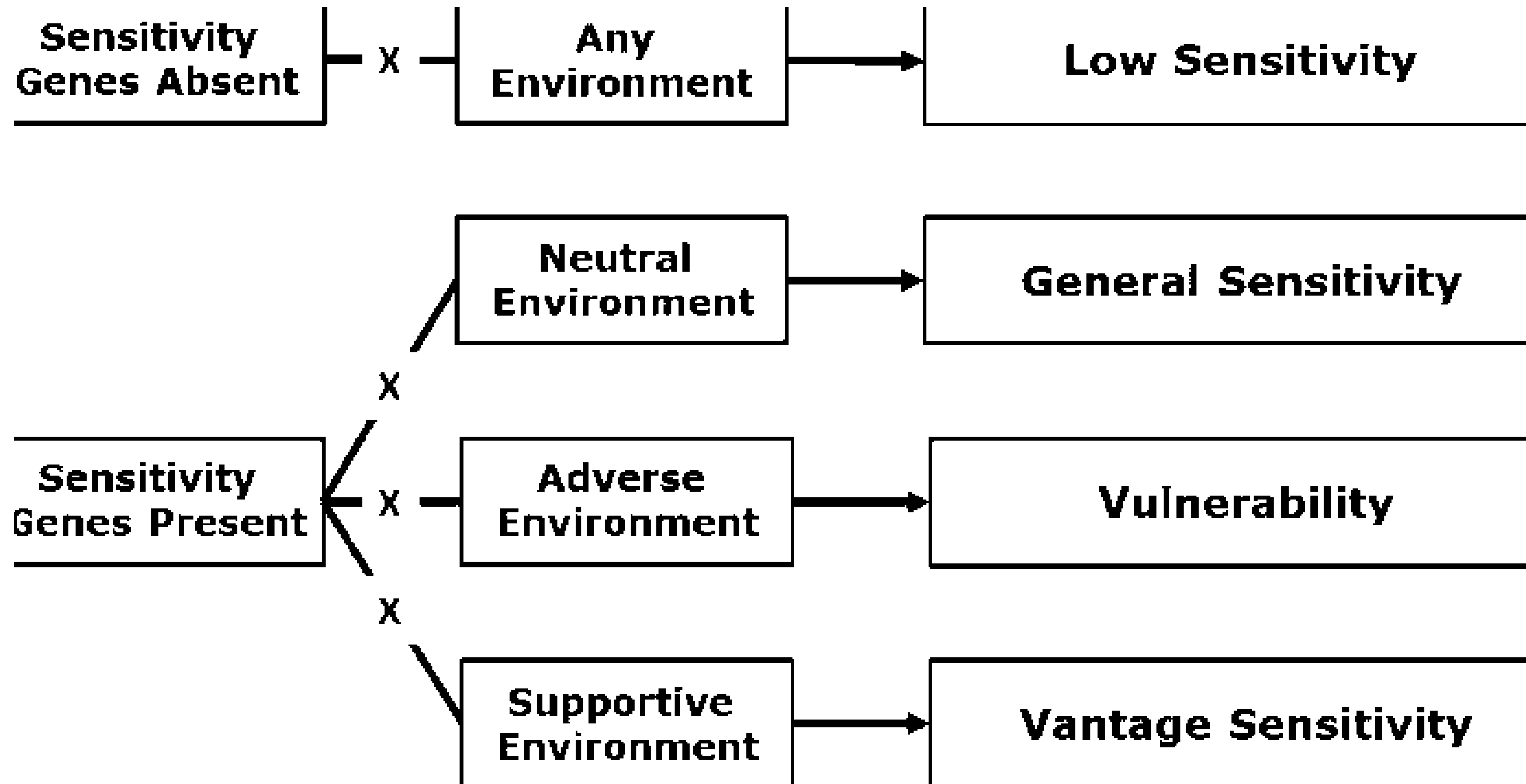
Coping strategies and emotional intelligence

Good understanding of their own thoughts and feelings, as well as other people's



RESEARCH STUDY 2 AND 3: THEORETICAL ADJUSTMENT MODELS

CONTROL/ EXPAT



HIGHLY SENSITIVE ENVIRONMENTS

WIN

WIN



ENVIRONMENT

Emotional validation

Sense of belonging

Reduce stress and anxiety

Coping strategies

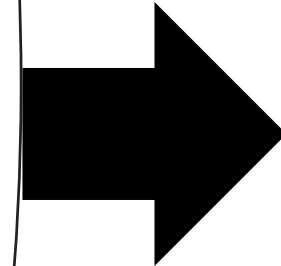
Enhance resilience

Encourage self care

Build meaningful relationships

Personal growth

Expand horizons



- Optimizes the experience for the whole family unit.
- Maximize professional potencial.
- Promote inclusivity and benefit from the vantages of SPS

MY GOAL: RESEARCH STUDY 4



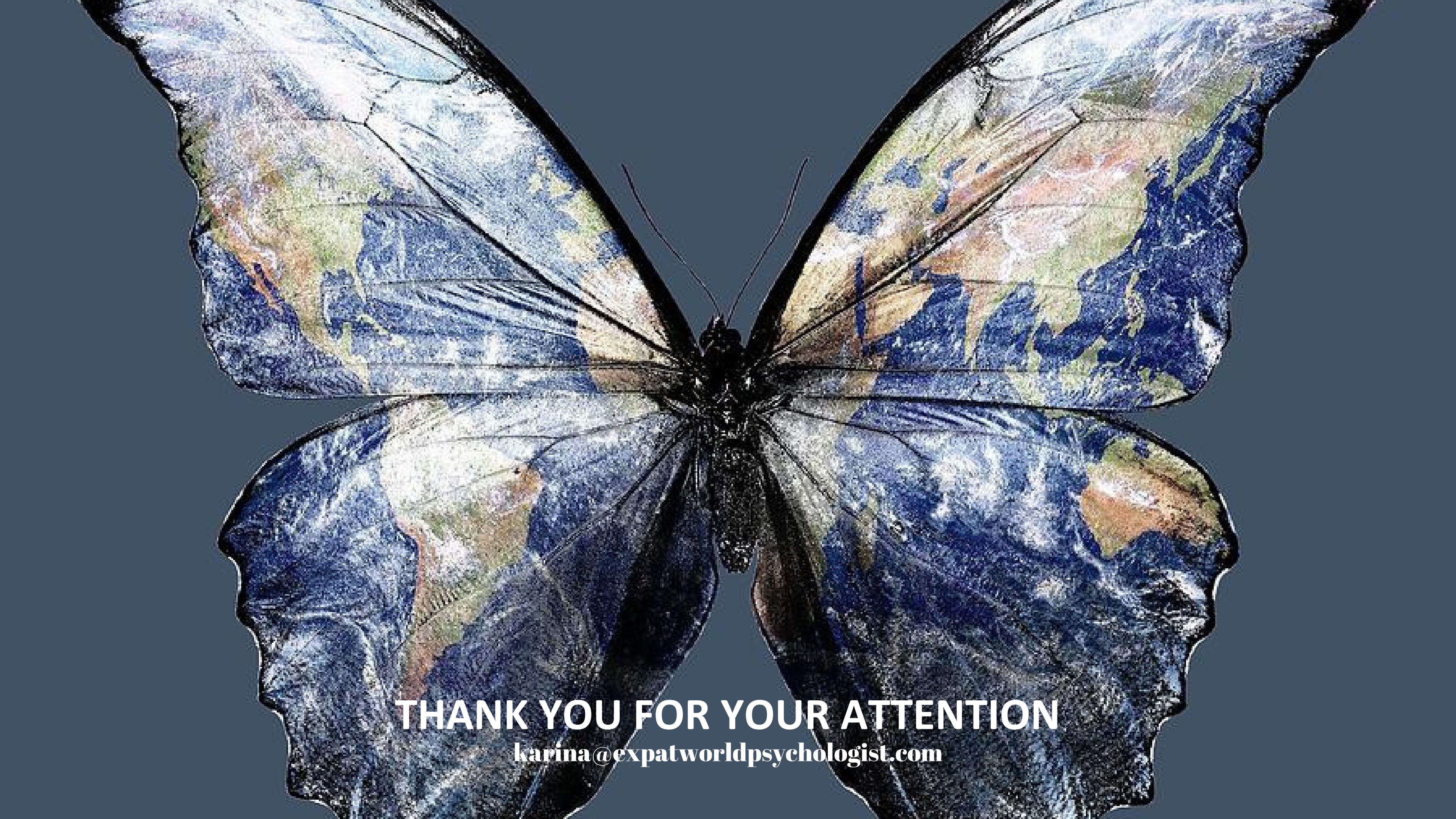
Pre-departure therapy



Embracing sensitivity holds the ability to empower each one of us through a profound **understanding of the impact of our environments.**

“WHAT IS ESSENTIAL TO A HSP IS GOOD FOR EVERYONE”

Aron.



THANK YOU FOR YOUR ATTENTION

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