

7 Signs That You're an Empath & How to Cope With Being One

Empaths are highly sensitive people who absorb feel the environment around them. They pick up emotions, sensations, and energy imprints from people, places and objects. Often empaths do not realize they are absorbing their surroundings until it is too late. They have already taken on another's unhealthy emotions and possibly other people's habits as well as belief systems and perspectives.