Sensitivity is something everyone has just face it... to reduce sensitivity I suggest getting plenty of sleep even if you have trouble sleeping... express yourself even if it just means a slogan on a t shirt u wear... and try managing any anxiety if possible...if you are feeling sensitive about things you c be careful with what you look at just in case and get somewhere "safe" if needed... being sensitive is ok but some people deem it as annoying and it can make you feel bad... I hope I have given you a way to cope