

*Did you know that feeling stressed can show on your nails, skin and hair?*



According to a recent article published by the American Academy of Dermatology Association, the brain and skin are linked and communicate with each other. Chronic stress from work or other factors results in the skin being a target which can make it vulnerable to itch, inflammation, irritation and infection.

'As the body's largest organ, the skin often reflects what's happening inside your body. Stress can cause increased inflammation'

Unfortunately, this is the case daily at Skinderm. Most patients present with conditions that are mostly related to stress they are experiencing. Hair loss, or thinning hair, premature skin aging, Acne, Dermatitis, whilst there is no 'miracle cure' for stress.

During the pandemic we have seen an influx of patients whose auto immune conditions flared up.

Even though each of these conditions should be diagnosed and managed by a specialist, the following tips assist in stress management

Meditation – helps to keep focused and clears the mind, reduces blood pressure

Acupuncture – inserting needles into the skin to relieve pain and ease stress

Breathwork – breathing exercises specifically for breath control

Yoga – can assist in improving mental and emotional health

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