



# Reduce Stress for Skin Conditions

A GUIDE BY  
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# Reduce Stress for Skin Conditions

Our modern day life is stressful, particularly in these current uncertain times.

Living with a skin condition like Vitiligo, Psoriasis, Rosacea, Acne, Eczema or Dermatitis, can throw additional challenges as it can greatly impact our self worth and confidence.

Although it's become the norm, stress is something our bodies are not designed to sustain on a consistent basis. For more on this, please stay connected as I have a new e-book coming out which goes into the science on this and how it specifically impacts skin conditions.

You may have noticed during stressful times, your skin flaring up or your symptoms spreading. This is because constant stress triggers an inflammatory response in our bodies which impacts our body's ability to digest properly, detoxify, heal and operate to its optimal ability.

I realise we can't wave a magic wand and make stress go away! There are things in life we can control and others we simply can't.

Therefore, the aim of this simple list is to help you control the things you do have influence over so you can reduce stress and feel less overwhelmed. Not only will you feel better in yourself, but by switching your body out of that "fight or flight" response, you'll be helping your body and skin at a physical level too.

There will always be those days that are more stressful than others so it's about gently (without judgment on ourselves) returning to these practices as often as we can. These practices are always here to support you - and so am I.

~ *Natalie*

# Top Tips for Reducing Stress

- **Harness your breath:** We all have access to this most simple, yet powerful tool to reduce stress in a heart-beat - our breath. Very often when we're stressed we tense up, shallow breathe and it only adds to existing feelings of stress in our body. By using a simple breath exercise like this, you will actually shift your nervous system out of the stress response into a more relaxed one.

*The key is for your exhale to be longer than your inhale. Simply breathe in for 3, hold for 4 and breathe out for 5 (and repeat). Repeat this for 1-2 minutes until you can feel your heart beat slow down, your muscles relax and the tension release. Use this breathing exercise whenever you're feeling overwhelmed or stressed.*

- **Introduce a screen curfew:** Thanks to screens we can work 24/7 and anywhere. This allows us to work from home and on the go (which has been useful recently), but it also means we never switch off - literally! I suggest turning notifications off or at least muting them so they're not pinging at you constantly and also introducing a time when all screens "go to bed". The blue light from screens at night can disrupt our sleep hormones and reduce the amount of deep restorative sleep we get. So in order to feel refreshed the next day, optimize skin healing and your ability to manage stress, get into the habit of putting your phones and screens to bed 1-2 hours before going to sleep.
- **Count your blessings:** Now I know this might sound like a too simplistic exercise to actually make a difference, but trust me when I say that Gratitude is such a powerful tool, just like the Breath.

# Top Tips for Reducing Stress

- Structure this exercise in a way that works for you. For me, I like to think of 3 things I'm grateful for first thing in the morning and last thing at night and any time during the day when someone or something has triggered a feeling of upset, stress or frustration.

*We always have something to be thankful for and by remembering this, it helps us to regain perspective of the bigger picture and how even waking with breath in our body each day is a gift. If you prefer something more structured, you could keep a journal next to your bed and write down 3 things that went well that day or 3 things you're grateful for at the end of your day. It's always helpful to go to bed feeling content and calm.*

- Give yourself permission to pause: In our modern day culture, we cram as much as we can into every day. Productivity is hailed as the virtue we should all be attaining. Yet this is not how our bodies function optimally. Our brain, our bodies including our skin, need a chance to rest, pause and heal. It's why we can sometimes end up feeling frazzled and overwhelmed. To prevent this from happening too often, give yourself permission to take moments of pause throughout the day.
- Step away from your work to walk around for a minute or two; go for a walk outside at lunch for a fresh-air break and exercise; spend 5-10 minutes doing a breathing or meditation exercise; take a few moments for some mindfulness or simply being present. If you'd like some guidance on these, you can watch my videos at IGTV or my YouTube channel The Skin Coach TV.

# Top Tips for Reducing Stress

- Do something fun. Make time for a laugh, a smile or a chat with family and friends who lift your spirits. Connection with others and nature are great ways to reduce stress and bring joy to our hearts. At the end of the day, these simple pleasures and connecting with others is what matters most. Give yourself permission for this - it's great for reducing stress, boosting your immune system and for feeling good!
- And remember to be kind to yourself. You're already enough just as you are. No matter how your day goes, you'll figure it out. No matter how your skin shows up, you're still worthy of all the things you dream of. You deserve joy, love, kindness and to create the kind of life you wish for yourself and never forget that!

You're doing great.  
Feel at ease and enjoy your day!

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