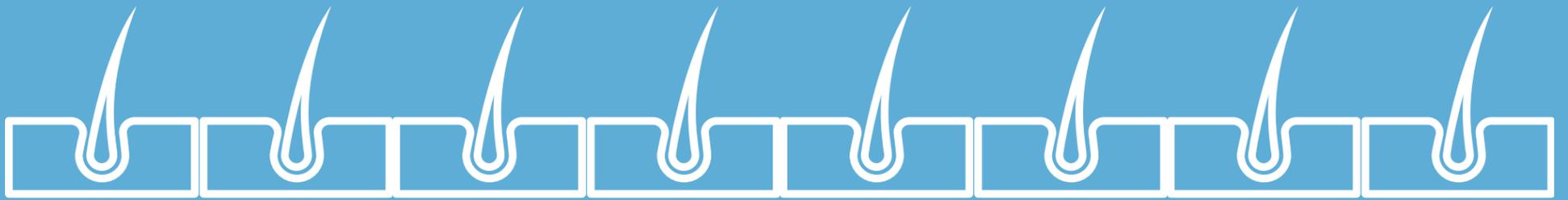


9 STRESS-RELATED SKIN PROBLEMS



1 Eczema

The cause of eczema is not yet known, though we do know triggers for the rash. Stress can worsen outbreaks, which can lead to additional stress over the spread of the rash.

2 Psoriasis

Since psoriasis is an inflammatory disease, stress is a big factor in causing or worsening outbreaks. In people with psoriasis stress tends to have an inverse effect on cortisol levels, your body's chief anti-inflammatory agent, which leads to flare-ups.

3 Acne

With acne it's all about the hormones, particularly cortisol. When you're stressed your body releases more cortisol. This triggers glands under your skin to produce more oil, which leads to acne growth.

4 Rosacea

Like eczema, stress can cause a negative feedback loop in those with rosacea. The emotional stress and worry many people with rosacea experience leads to more pronounced breakouts, which can lead to more stress over physical appearance.

5 Ichthyosis

Ichthyosis is a family of genetic skin disorders characterized by dry, scaling skin that may be thickened or very thin. This condition can be quite painful and prominent, and many who suffer from it also feel embarrassed of their appearance. These feelings trigger the same negative feedback loop of stress caused by other skin conditions.

Vitiligo

This skin condition leads to patches of white skin in different parts of the body, which is caused by the destruction of cells that make pigment. Emotional stress is believed to be one of the major triggers for the growth or spread.

Hives

Allergies or sensitivities to certain foods, medicines, materials, or insect bites can cause periodic hives. Stress can also cause chronic hives, and can worsen an already present outbreak.

Seborrheic Dermatitis

This chronic skin condition causes dry and flaking skin, along with redness and itching. It is believed that seborrheic dermatitis is caused by an abnormal inflammatory response to a yeast found on our skin. Stress is one of many factors that can exacerbate this skin condition.

Fever Blisters

Fever blisters, also known as cold sores, are caused by the herpes simplex virus type 1. The blisters usually go away within 2 weeks, but the virus remains in the body. Any elements that weaken the body's defenses can trigger an outbreak, including stress, illness, and injury.