

# Signs of Stress

## How it Shows on

# Hair, Skin, and Nails

## Hair

- When stress is increased, hair goes into the telogen phase, which can cause it to fall out.
- Damaged hair lacks the minerals it needs that can become depleted during times of stress.
- Gray hair can be caused under extreme stress due to the free radicals that are generated, thus changing the hair's pigment.

- Oil production can increase when the body's level of the hormone cortisol rises. This increase can lead to acne, oily skin, and other skin problems.
- Excessive cortisol causes damage and results in thin, fragile skin prone to easy bruising, stretch marks, and infection.
- Stress affects the body in a way that interferes with the protein that keeps the skin firm and prevents sagging. This can hasten the formation of wrinkles and speed up the aging process.

## Skin

- Since stress makes it more difficult for your body to absorb the nutrients it needs, nail pitting, shredding, and ridging frequently flare under stress.
- Biotin is a nutrient that is often useful in the treatment of brittle nails, yet cortisol has been shown to cause a loss of biotin from the body.
- Repetitive rubbing or biting is a side effect of stress, which can cause mechanical damage to the nail bed.