

Reader's
digest

6 Skin Conditions That Get Worse When You're Stressed

Stress is a mess for your heart and mind. But it can wreck your complexion, too. Learn how to avoid stress-induced skin conditions, below.

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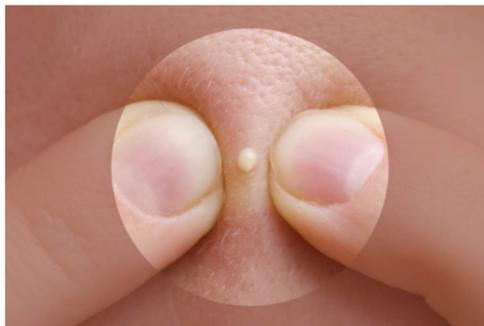
Skin and stress *don't* pair well



WAYHOME STUDIO/SHUTTERSTOCK

Think of them at war, here. When you're stressed out, your skin will only get worse, and whether that means triggering a pre-existing skin condition or causing an acne flareup, it's bad news for your face. But, what exactly does stress do to wreak havoc on your skin? We've got a few experts to weigh in on what's going on, on and beneath, the surface of your skin that's causing "pizza face." Time to fix those blotches, *stat*.

You're a pimple popper



UKKI STUDIO/SHUTTERSTOCK

If you're prone to acne, stress will only make it worse. And, you should never pop certain pimples, as they can lead to infections or scars. According to celebrity dermatologist, **Ava Shamban**, MD: "In the case of acne, cortisol acts like an androgen and you break out like a boy going through puberty." To combat this, she recommends exercising regularly, getting seven to eight hours of sleep nightly, and having a good facial cleansing routine before bed. Also, reduce stress through meditation or yoga. These are the acne fighting rules everyone should memorize.

You have eczema



PAN XUNBIN/SHUTTERSTOCK

If you have this, you might notice red rashes and itchy skin. "Eczema or atopic dermatitis is different [than psoriasis] in that it is primarily a disruption of innate immunity, and it's also adversely affected by stress," says Dr. Shamban. "When you are under stress your adrenal glands pump out cortisol. This hormone adversely affects every organ in the body if it is continually elevated," she says. Skin will become irritated and inflamed, and you might even notice oozing blisters or plaque-like skin. These are some more facts about eczema you should know.

<https://www.rd.com/health/conditions/skin-conditions-worse-when-stressed/>