

# Stress & Skin

## How to Protect Your Body

Your skin often responds to events in your life. When you experience stress, the pressure and anxiety you feel often shows on the exterior. Any skin problem is frustrating - especially if you aren't sure of the source. Here are some of the common reactions to stress that may surface on your skin, and the possible reasons behind them.

## Hives

Both stress and allergies can cause hives to appear. Facing a dreaded situation or feeling extreme amounts of pressure can encourage them to show up in a matter of minutes. Although hives sometimes occur as a reaction to food allergies, this is most often seen in children. Antihistamines, behavioral therapy or assertiveness training are sometimes helpful. Consult a healthcare professional to find out what treatment is right for you.

## Acne

This irritation can be anything from oiliness to inflammation to infection on the face, chest and back.

## Itching

One little known reaction to stress is itching. Histamines are released when a person is feeling anxiety. Within seconds after these histamines are released into the skin, the overly-stressed individual may find herself scratching any part of her body. Needless to say, this is aggravating and uncomfortable. Some lotions may help to stop the itching as well as a little mental relaxation.

Irritating skin problems don't have to be with you forever. They can be defeated through relaxation, de-stressing your life, or consulting your healthcare professional.