

Don't Stress

OVER SKIN HEALTH

by Shelly Crossman, DCNP, FNP-C, Owner, Dermatology & Skin Care by Shelly

Stress free living and a simple routine, don't we all want that? It would, after all, lead to healthy, glowing skin.

In today's world, between endless choices of skin care products and lines on top of the never ending demands in life adding to our stress, how do you "keep it simple"?

Less can be more when it comes to maintaining balance. Skin types vary but basics are the same — a gentle cleanser, a moisturizer suited to your skin type and a broad-spectrum mineral sunscreen.

Avoid harsh exfoliants and overly complicated treatments. I often recommend choosing products free from parabens, sulfates and other harmful chemicals to prevent irritation.

Skin health also is about what you consume and how you feel. Hydrate well with plenty of water, eat a balanced diet rich in antioxidants, omega-3s and healthy fats, etc. Choose organic when you can.

Aim for seven to nine hours of sleep to help look rejuvenated.



Stress causes inflammation and high cortisol levels and leads to flare-ups of certain skin conditions. Life's so fast-paced. There's constant pressure to stay on top of work, emails, social life, family and goals. People are always "on." Our brains don't get a chance to fully disconnect.

Watching TV or looking at our phones is not disconnecting. Why do we always need to stay informed? There's so

much negativity and noise out there. Everyone's stressors are unique, so there's no one-size-fits-all approach to one's way of decompressing.

I try to make physical activity a priority. Whether you work out, simply walk, hike, garden or even stretch, it gives your mind a break and helps your body relieve tension.

We need to break free from the constant flow of thoughts. Try to practice mindfulness through

meditation or journaling. With practice it helps with mental overload and gives you space from the constant noise.

Long-term skin health can be simple if you allow it. Be easy on yourself, never compare yourself to others, concentrate on the good and be nice to everyone.

Ask yourself what brings "you" joy. Throw out expectations! Celebrate life's little wins. Eat healthy, exercise, drink water and please wear your sunblock.