



Drip Email: Written All Over Your Face: How Stress Affects Skin

Subject line: It's Written All Over Your Face: How Stress Affects Skin

Body: Hey {Subscriber's first name}:

Stress is a part of the human condition, and almost everyone experiences it at some point in their lives. It's widely known that stress is more than just a mental state—it can affect the entire body, including the heart and other vital organs. The largest organ in the body, the skin, can be affected by the ravishes of stress.

But the good news is, ***you don't have to let stress get under your skin.***

The last two-plus years have been stressful for most of us. Between the pandemic, political unrest, riots, and war, it's no wonder we're all feeling stress, and it's written all over our collective faces. Stress can cause new skin problems to develop or existing

issues to exacerbate. Much of this is caused by the overproduction of cortisol, the primary stress hormone, and its effect on the skin barrier, which traps moisture in and keeps allergens, irritants and pollutants out.

Stress also prompts the body to produce free radicals, causing conditions like skin cancer, wrinkles, and acne. Inflammation is a response the body uses as a defense when it's under stress, and it can also cause skin issues like cystic acne, psoriasis, and more. On top of all of that, stress can also cause inflammation in the gut which can magnify chronic inflammatory skin conditions like acne, eczema, and psoriasis.

While we can't stop stressful situations in the world from occurring (they've been happening since long before you were born), you don't have to let stress show on your face. There are ways we can deal with stressors, things we can do for our skin, and ways we can treat ourselves that can prevent stress from getting under our skin.

Want to learn more about how stress negatively impacts your skin's health and what you can do each and every day to prevent it from **getting under your skin** (both metaphorically and physically)?

Hello. My name is Dr. Bernard Beldholm, and in today's blog, [Written All Over Your Face: How Stress Affects Skin](#) (insert link after the article is published), I'll explain the connection between the mind and the body, how stress can negatively impact your skin's health and your overall well-being, and offer valuable tips for ways you can keep stress from wreaking havoc on your skin.

Sadly, no matter how hard you try, stress can leave lasting damage to your skin. And we're here to help. [Specialist Skin Solutions](#) offers a variety of treatments that are effective in restoring skin health that's been impacted by stress. [Contact us](#) today to set up a consultation. Our team is waiting to help you love the skin you're in!

Best wishes for a beautiful you,

Dr. Bernard Beldholm MBBS B.Sc (Med), FRACS

Director - **Specialist Skin Solutions**

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