

ECZEMA & TAKING CARE OF YOUR MENTAL HEALTH

Mental health

With over 30% of people with eczema diagnosed with depression and/or anxiety, it is important that you take care of your mental health.



30%



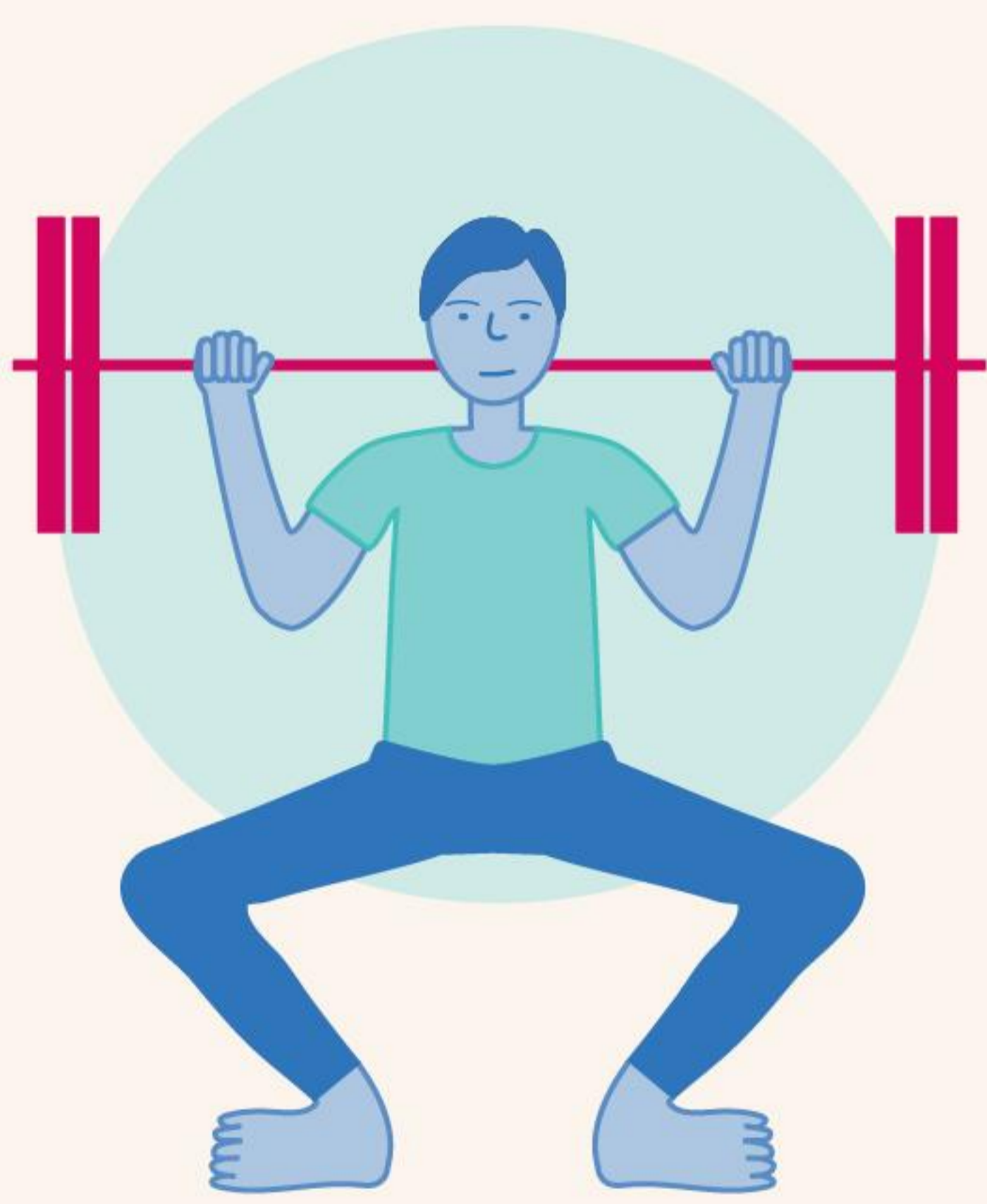
Hobbies

Make time to do the things you enjoy, whether that's meeting with friends, reading a book or spending time at your favourite hobby.



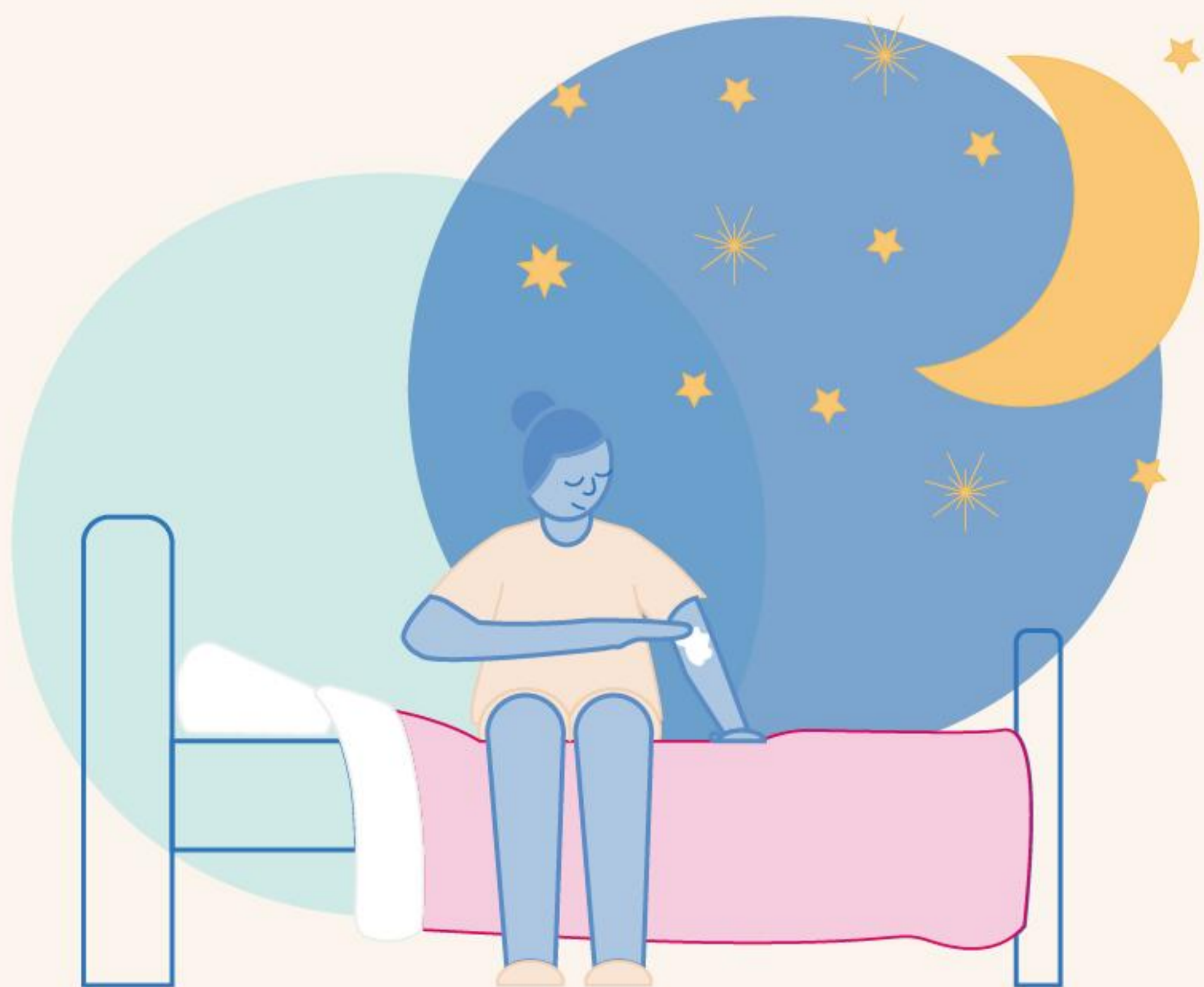
Meditation

Meditation can be hugely helpful in relieving stress and there are many free apps available which you can use to guide you.



Support groups

There are a range of eczema support groups online and it can often be very helpful to chat to others who are experiencing similar issues with their skin and who can truly understand how you are feeling.



Manage stress

Stress will always have an adverse effect on your eczema so finding ways to relieve it can be hugely helpful. This can include meditation, yoga, exercise or breathing techniques.



Keep talking

Keep talking! Remember that your friends, family and healthcare team want to help and support you so keep the lines of communication open and let them know how your skin is making you feel.



Exercise

Try to incorporate regular exercise into your lifestyle as this will benefit both your physical and mental health.



Sleep

Sleep is very important in helping to maintain a healthy lifestyle, but sleeping when itchy can be difficult. Try to have a warm bath before bedtime and moisturise thoroughly. Wear light cotton clothing. Keep nails short and if needed, wear cotton gloves to prevent scratching. Ensure that your bedroom is cool and dust free.