



Dakshama Health & Education
Your Voices Your Choices

Psoriasis and Stress Management



A psoriasis flare is likely to be triggered by stress. Increase in stress levels can make itch even worse.



Doesn't this make you think that psoriasis patients must manage their stress?

Yes, yes!

Psoriasis patients may experience stress when their flare-ups are visible on their body. **Medication** can help you reduce flare-ups, as can **finding healthy ways** to deal with known triggers, such as psychological stress.

Making **stress management a part of your psoriasis treatment plan** is therefore essential.

Visit us at: <https://cops.dermatologypatients.co.in>

Join our support group on Facebook: <https://www.facebook.com/groups/918010845561661/>

To join our WhatsApp closed group: <https://forms.gle/UVuLEske62v1bhjN6>



How is it linked?

Psoriasis is an **auto-immune condition**, the immune system of the patient is involved. Because stress can affect the immune system, it is believed that it can affect psoriasis, and some of the latest research backs up this theory.

What next?

Here are some of the managing tips for the management of stress:

1. **Meditation:** Sit back and relax for at least 15 mins and meditate daily. Focus on the positive things around and slow down your thoughts of feeling of self-doubt and judgement
2. **Exercise:** Practice yoga daily. Yoga is one of the movement therapies that addresses stress in a variety of ways. Slower forms of yoga employ mindfulness breathing techniques as well as muscle engagement to stretch and balance. Or you can go with cycling, aerobics etc.
3. **Explore outdoors:** Go on a trek, explore the nature, or go for a walk. This will help you in connecting to yourself.
4. **Join support groups:** Join patient support groups to share your experiences, motivate each other, and support others in their journey. Sharing your experiences and connecting with others who are going through similar conditions gives you hope that you are not alone on this journey.
5. **Eat Healthy:** It is true that a healthy mind resides in a healthy body. As a result, the foods you consume have a direct impact on your mood and stress levels. Avoid too much alcohol and smoking. So, eat well and stay well!
6. **Sleep:** Sleep well. Psoriasis patients may experience outbreaks if fatigue contributes to stress. Deep breathing before bed, putting gadgets away before bed, and avoiding caffeine and alcohol in the evenings may help you sleep better.
7. **Professional help:** Consult a psychologist or therapist if you are unable to manage your stress and anxiety levels. They may be able to assist you in developing a plan to overcome your stress levels.

***At the end, have patience. This will not happen overnight.
Trust the process and manage your stress.***

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