

Positive actions, positive results



A positive outlook can be a huge advantage if your skin condition is testing your limits. But what practices could you adopt to help you to maintain a more positive attitude in life?



Acknowledging what you have to be **grateful** for can offer a great mood boost¹

Chatting about your worries can release tension²

Exercise, including light exercise, releases mood-lifting chemicals in your brain³



Singing alters brain activity and really lifts how you are feeling⁴



Yoga and meditation can reduce stress and worry, and improve sleep and wellbeing^{5,6}



Schedule yourself some time each day to **have fun**, smile and enjoy positive emotion



What are the benefits?

These practices can have a positive impact across many aspects of your health, including:⁷⁻⁹



If you are affected by the emotional impact of your skin condition, speak to your doctor, and remember that support is available and can be of great help. You can connect with others through our online communities, and let us know what you do to stay positive, using #WhatHelpedMe



1. Stay Positive. Available at: <http://www.mentalhealthamerica.net/stay-positive>. Accessed May 2015.
2. Evans K. Psychcentral 2014. <http://psychcentral.com/blog/archives/2012/02/23/tips-to-help-better-cope-with-stress/> Accessed June 2015.
3. Stamatakis J. Scientific American mind. 2012;23(3). <http://www.scientificamerican.com/article/why-does-exercise-make-us-feel-good/> Accessed June 2015.
4. Kreutz G et al. Proceedings of the 5th Triennial ESCOM conference 2003: 8-13.
5. Woodyard C. Int J Yoga 2011; 4(2): 49-54.
6. Meditation balances the body's systems. Available at: <http://www.webmd.com/balance/features/transcendental-meditation>. Accessed May 2015.
7. Tugade MM et al. J Pers 2004; 72(6): 1161-1190.
8. Steptoe A et al. J Psycho Res 2008; 64(4): 409-415.
9. Mann MM et al. Health Education Research 2004; 19(4): 357-372.