

RELATIONSHIPS

5 top tips

Whether you are looking for love or just hoping to build on your relationships, here are our 5 top tips to help you feel comfortable and confident in your skin:



"With your partner... you have more trust... you get things off your chest"*

1

Communicate

Open and honest conversations can help you both re-evaluate what is important in the relationship¹



2

Ease stress

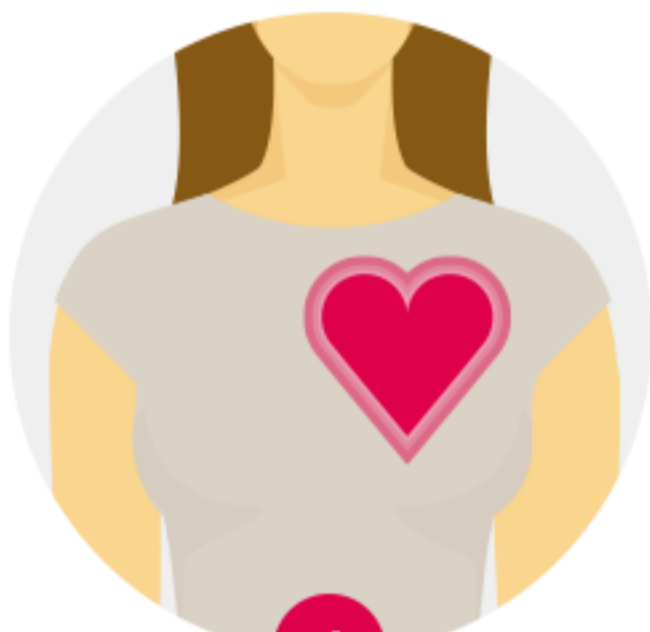
Identify the root of the worry and find strategies and resources to address it. Try learning more about your condition or attending counselling sessions



3

Show appreciation

You and your partner should try and do something kind for each other every day, as feeling united will help you both deal with the challenges you are facing



4

Be yourself

Being open and genuine will allow your personality to shine through



5

Educate

Talk to people about your condition. Educating those around you can correct any misconceptions they may have

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If you have any concerns about your condition or its impact, then talk to your doctor. For more information about your skin condition, you can join our psoriasis or chronic spontaneous urticaria (CSU) Facebook communities, or watch other people with skin conditions talking about their experiences on our YouTube channel.



* Patient verbatim is based on qualitative market research

1. Carl Walker and Linda Papadopoulos. Psychodermatology: The Psychological impact of skin disorders. Cambridge University Press 2005. Pages 76-78. ISBN: 9780521542296