



# *Boost internal resources*

- Get good sleep
- Eat well
- Exercise
- Stay connected to friends and family
- Engage in hobby
- Volunteer and help others
- Learn something new and become absorbed in it
- Practice self-care like paced breathing, mindfulness, guided imagery, self-hypnosis





## *Boost external resources*

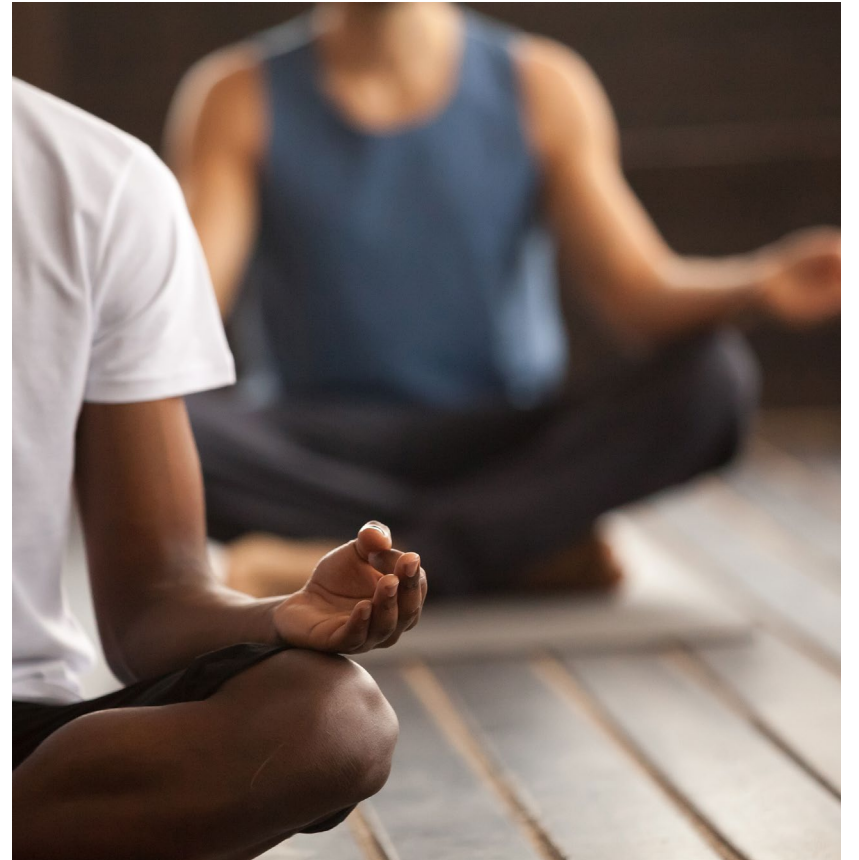
Learn as much as you can about the disease, talk with others who are dealing with it. Having a support network can help you deal with difficult times.

Visit a mental health professional if emotional problems arise. People with alopecia areata may have higher levels of stress, and depression and anxiety are more common in people with the disease.

# Manage your stress: 7 tips to get the tension (anxiety) in your life under control

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- **Get enough sleep – fundamental for problem-solving**
- **Find support – others are also going through it**
- **Learn to relax & practice it!**
- **Get some exercise – movement**
- **Talk about it – name it, to tame it**
- **Do something you enjoy - distraction**
- **Ask for help – connect with others, even if vulnerable**



# Some steps toward relaxation (**boost internal resources** to manage alopecia areata-related stress)

- Guided imagery
- Mindfulness-based experiences
- Self-hypnosis
- Yoga
- Music
- Nature
- Other activities???



# Keys to managing stress (**lower challenges and raise resources**)

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Seven tips to get the tension in your life under control

- **Get enough sleep**
- **Find support**
- **Learn to relax**
- **Get some exercise**
- **Talk about it**
- **Do something you enjoy**
- **Ask for help**



You are  
**STRONGER**  
than you seem,  
**BRAVER**  
than you believe, and  
**SMARTER**  
than you think you are.

Christopher Robin - Winnie the Pooh - A.A. Milne



Questions?

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