

Positivity is key: how to cope with acne

However, for acne sufferers, the mental anguish and pain can be just as troublesome and unwanted as real physical pain. In fact, sufferers may feel the need to "grin and bear it" rather than complaining and finding a solution for something that is not life threatening. However, recently doctors and dermatologists alike are realising that social anxiety caused by unsightly acne lesions can lead to depression. There are several steps you can take to combat both the physiological and mental effects of acne. Seeing a professional dermatologist, though expensive, can be a good idea, in order to learn more about the disease, and gain some understanding into the different treatment options that exist. When physiological treatment, be it via creams like Acnezine, diet and lifestyle changes, antibiotics, or a combination, begins, it is important that mental healing occurs simultaneously. It is crucial to avoid passivity. It is easy for acne sufferers to fall into a downward spiral; that is, shy away from social situations, avoid mirrors, appear glum and despondent, and most importantly, fail to recognise that they themselves can have some impact on this disease through lifestyle choices. Recognition that the problem is temporary, and can be beaten is important, and a positive mental attitude is vital for mental well-being. Instigating a positive spiral rather than a negative one can be beneficial. If the sufferer is having trouble with their attitude, seeing a counsellor can help, as can support from friends and family. As the skin clears, the confidence inside should grow as well, and the recognition that the sufferer has beaten something that is difficult to overcome can make them a stronger person than before. Acne is a problem that occurs in 85% of people between 12-24 at some point in their lives. It may feel like the sufferer is the only person on the planet with this problem, but they are not alone. It is an incredibly common and accepted disease. It is important to find the best acne treatments for your skin type. The path to your clear skin can start right now!

About the Author

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