

# Medium

## Ways to Clear Face of Anxiety During Stress Awareness Month

By Carol Ruth Weber reprinted from [weberlifedesign.com/blog](http://weberlifedesign.com/blog)

With April being Stress Awareness Month it is a great time to look at how anxiety distresses the face and what can be done to combat the attack to the skin. [Dr. Jody Levine](#), a leading dermatologist and director of dermatology at [Plastic Surgery & Dermatology of NYC](#), aims to provide solutions to clear up angst affected skin.

Each year, since 1992, from April 1 to April 30, Stress Awareness Month takes place to increase public recognition about the strain of stress. Health care professionals and experts work to showcase causes of stress, as well as the negative tolls that anxiety can have on the mind and body. During this month, these authorities also aim to inform on how one can relieve stress.

### Tips to Clear Skin of Stressful Appearance

While specialists convey their expert opinions on alleviating stress symptoms, often the toll of stress on one's physical appearance, especially the skin, is overlooked.



According to [Levine](#):

*Stress certainly plays a role in the cause of many skin problems because the skin is directly affected by the release of the stress hormone –cortisol- in our body. When a person feels overwhelmed and pressured, anxiety or fear sets in, causing the level of cortisol released to rise dramatically. This in turn causes an increase in oil production in the body, which can lead to oily skin, acne and other related skin problems.” She adds, “However, since it’s hard to eliminate stress from our daily lives entirely, we need to find the proper skincare that can help the skin respond positively to its stressors.*

[Levine](#) suggests ways to clear anxiety from the face from [Plastic Surgery & Dermatology of NYC](#):

**For Oily Skin:** Buy [PSD Acne Toning Pads](#)—these pads are used on acne-prone skin to control breakouts and improve skin texture, as well as on other skin types to enhance texture and reduce the signs of aging. Apply morning and night, as a toner, after cleansing.

**For Redness:** [Apply Green Tea Serum or Cream from Plastic Surgery & Dermatology of NYC](#) to combat redness, inflammation, and blotchiness

**Hives/Rashes:** Apply [PSD Aloe Calming Cream](#) containing 1% hydrocortisone—ideal to use for calming and treating itchy skin or other skin mild irritations.

**Tired, Dull Appearance:** Apply [PSD Brightening Eye Cream](#) that contains caffeine and natural brighteners—caffeine helps constrict blood vessels, it will reduce the swelling around your eyes and in your face. Also, try cooled-down tea bags applied directly to the eyes to eliminate fatigue, puffiness, and restore radiance.

**Try Laser Treatments:** A [BBL or PicoSure laser treatment\(s\)](#) will brighten the dullness of long-term sun damage. Proper antioxidant skin care products such as PSD's Green Tea Serum or Cream will also help revitalize the skin.

**Breaking out:** Use [PSD Acne Wash Cleanser Daily](#) made with glycolic acid, coupled with the proven acne-fighting ingredient, salicylic acid—formulated to accelerate the removal of dead skin cells that can interfere with proper oil drainage of the skin and lead to clogged pores. Salicylic acid (2%) acts against excess sebum production, which leads to the development of white heads, black heads, and acne cysts. Together, these two ingredients work to decrease acne outbreaks, allowing the skin to heal and restoring a healthy glow and complexion.

The anxiety can bubble from inside to create many unappealing skin issues from merely too shiny or too red, to developing hives or rashes, looking tired, or dreaded break-outs. [Dr. Levine](#) has taken control to help people find ways to clear their face from the turmoiled appearance that stress can leave on the skin.