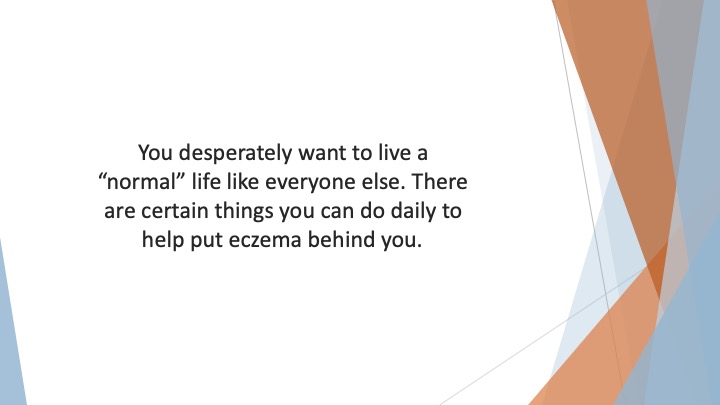
**Chapter 7: Coping with Eczema Every Day**



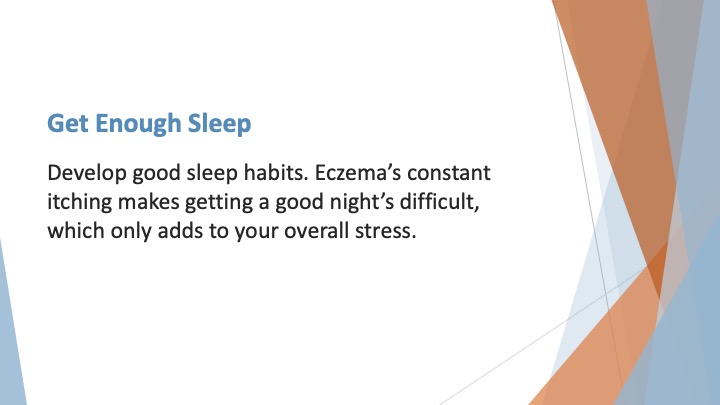
**S1** : In this video, we’ll talk about “Coping with Eczema Every Day”



**S2** : We’ve discussed the role that emotions and stress play in itchy skin and eczema flareups. We’ve also reviewed the best natural remedies to control the symptoms of eczema.

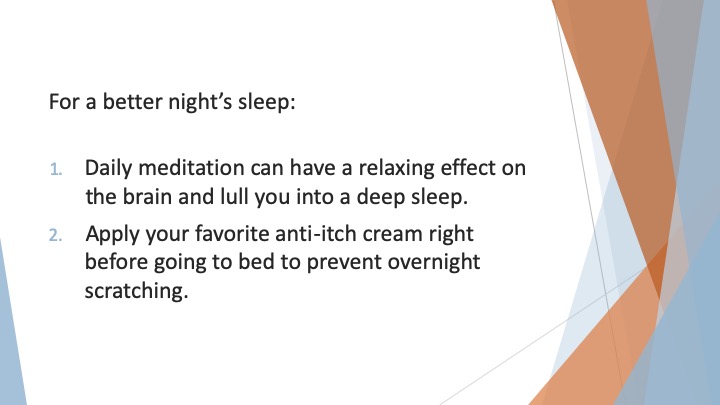


**S3** : You desperately want to live a “normal” life like everyone else. This video should certainly help you reach that goal. There are certain things you can do daily to help put eczema behind you.



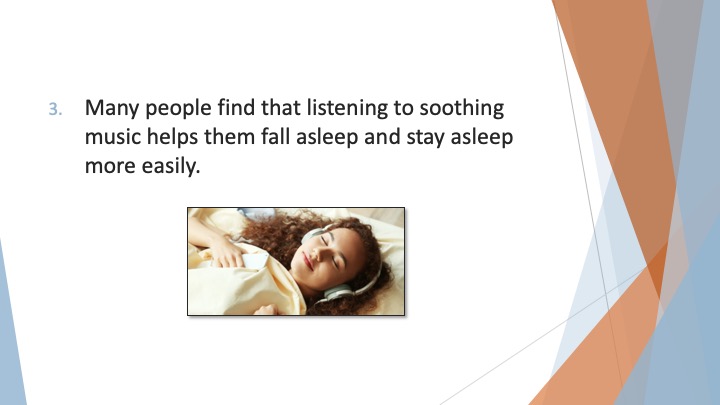
**S4 : Get Enough Sleep**

Develop good sleep habits. Eczema’s constant itching makes getting a good night’s difficult, which only adds to your overall stress.



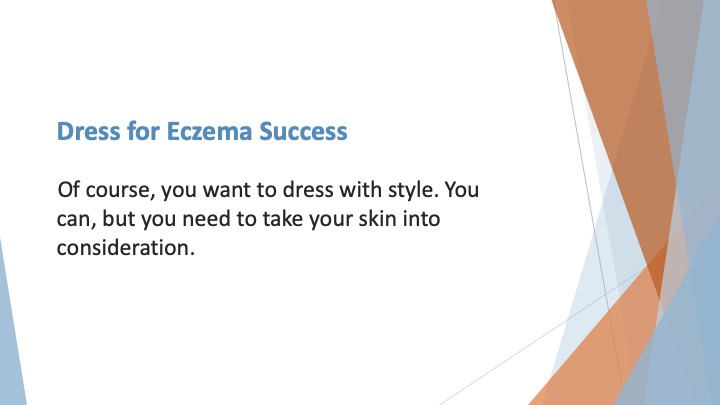
**S5 :** For a better night’s sleep:

1. Daily meditation can have a relaxing effect on the brain and lull you into a deep sleep.
2. Apply your favorite anti-itch cream right before going to bed to prevent overnight scratching.



**S6 :**

3. Many people find that listening to soothing music helps them fall asleep and stay asleep more easily.

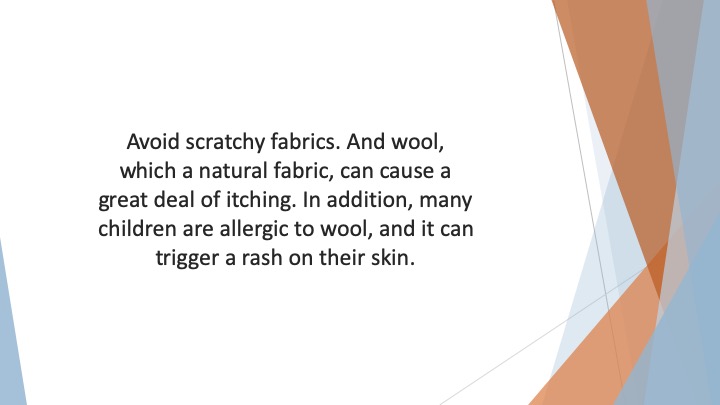


**S7 : Dress for Eczema Success**

Of course, you want to dress with style. You can, but you need to take your skin into consideration.



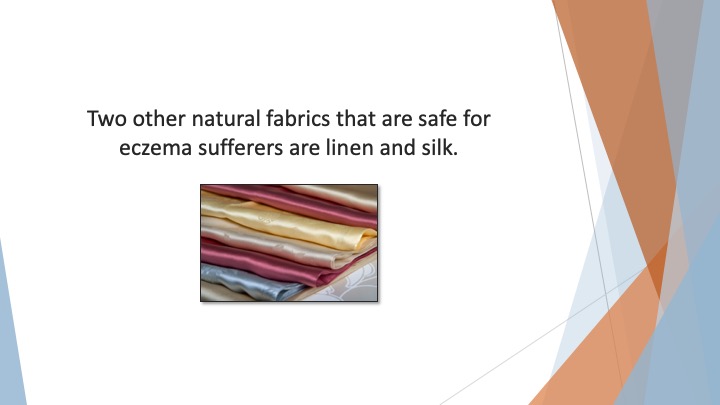
**S8 :** Don’t wear tight clothes that will end up irritating your skin.



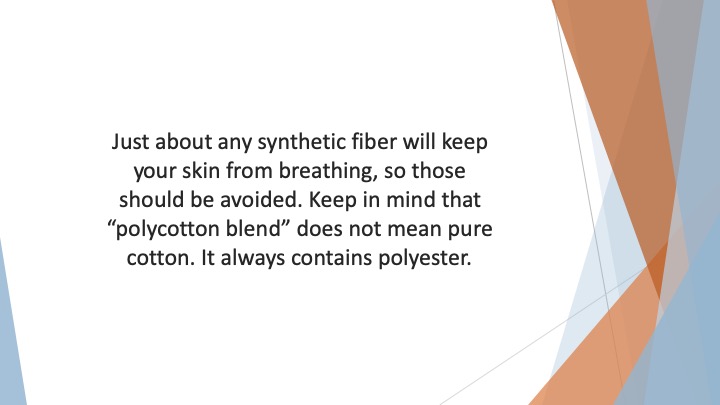
**S9 :** Avoid scratchy fabrics. And wool, which a natural fabric, can cause a great deal of itching. In addition, many children are allergic to wool, and it can trigger a rash on their skin.



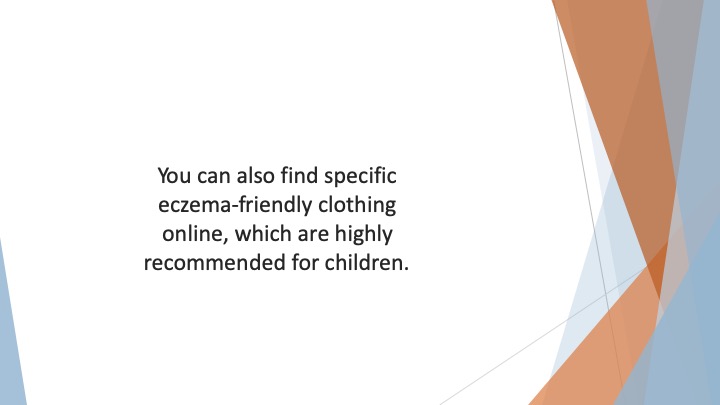
**S10 :** Cotton is considered the top fabric for eczema sufferers. It is lightweight and doesn’t cause allergies. Cotton is soft and won’t irritate your sensitive. Best yet, just about any clothing can be found made out of cotton, from underwear to heavy outer garments.

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**S11 :** Two other natural fabrics that are safe for eczema sufferers are linen and silk. Both are lightweight, breathable, and soft enough not to irritate your skin.



**S12 :** Just about any synthetic fiber will keep your skin from breathing, so those should be avoided. They also contain chemicals that can trigger an eczema allergy. Keep in mind that “polycotton blend” does not mean pure cotton. It always contains polyester.

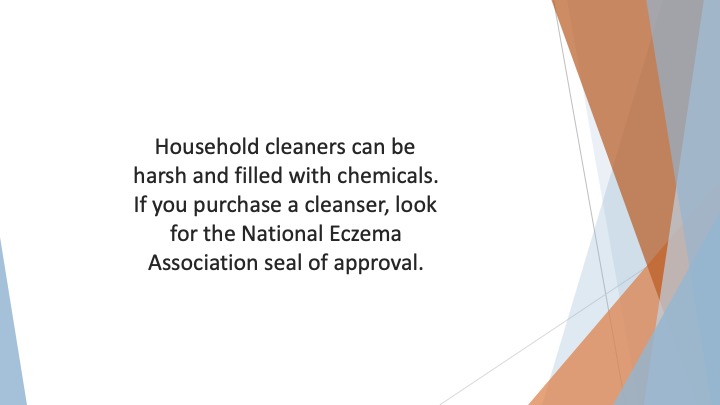


**S13 :** You can also find specific eczema-friendly clothing online, which are highly recommended for children.

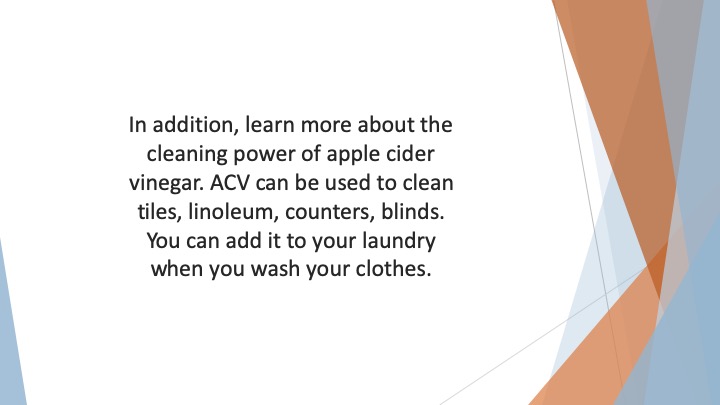


**S14 : Eczema-Friendly Products in Your Home**

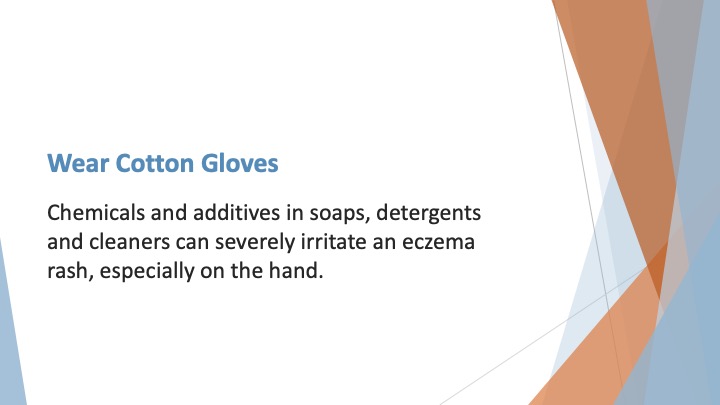
Avoid any cleaner or detergent with fragrances, alcohol, or other additives. That includes face creams, soaps, and bath products. Read your labels very carefully.



**S15 :** Household cleaners can be harsh and filled with chemicals. If you purchase a cleanser, look for the National Eczema Association seal of approval.

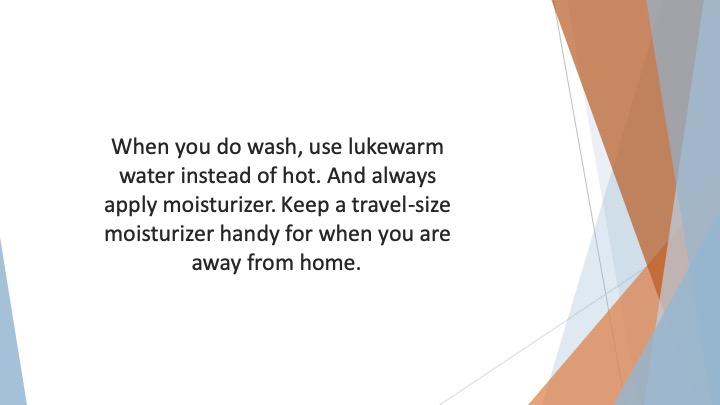


**S16 :**  In addition, learn more about the cleaning power of apple cider vinegar. ACV can be used to clean tiles, linoleum, counters, blinds. You can add it to your laundry when you wash your clothes.

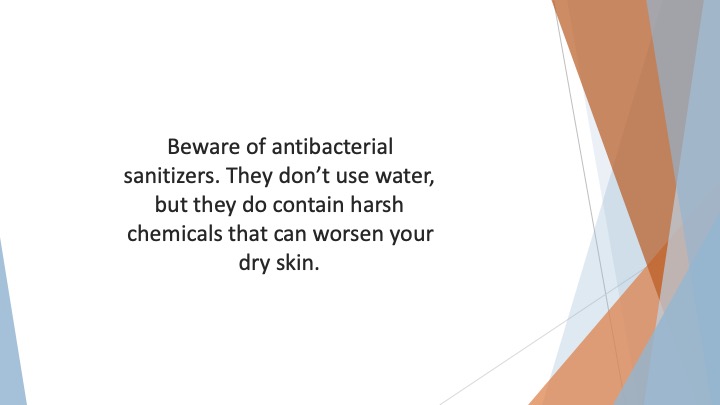


**S17 : Wear Cotton Gloves**

Chemicals and additives in soaps, detergents and cleaners can severely irritate an eczema rash, especially on the hand. The frequent wetting and drying of hands during cleaning plays havoc with the skin’s protective barrier.



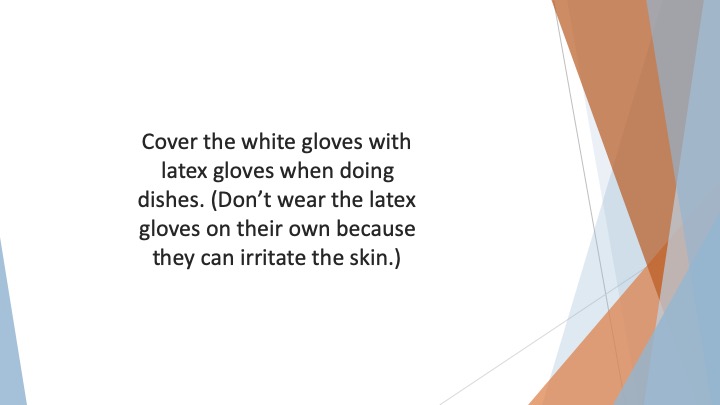
**S18 :** When you do wash, use lukewarm water instead of hot. Dry your hands gently instead of rubbing harshly with a towel. And always apply moisturizer. It’s a great idea to keep a jar of moisturizer by each sink that you use. Keep a travel-size moisturizer handy for when you are away from home.



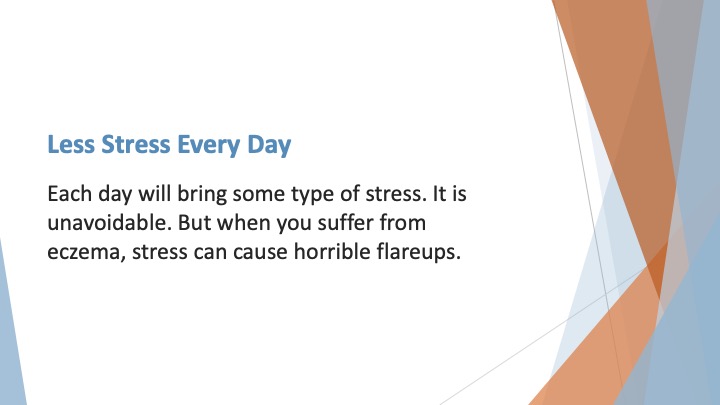
**S19 :** Beware of antibacterial sanitizers. They don’t use water, but they do contain harsh chemicals that can worsen your dry skin.



**S20 :** While working around the house, yard, or preparing food, use protective white gloves to keep hands clean. These gloves can be washed and reused and protect your hands from harsh outside invaders, such as bacteria and germs.

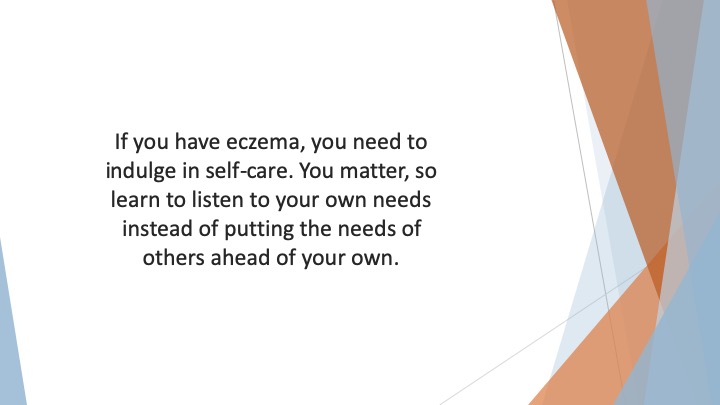
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**S21 :** Cover the white gloves with latex gloves when doing dishes. (Don’t wear the latex gloves on their own because they can irritate the skin.)

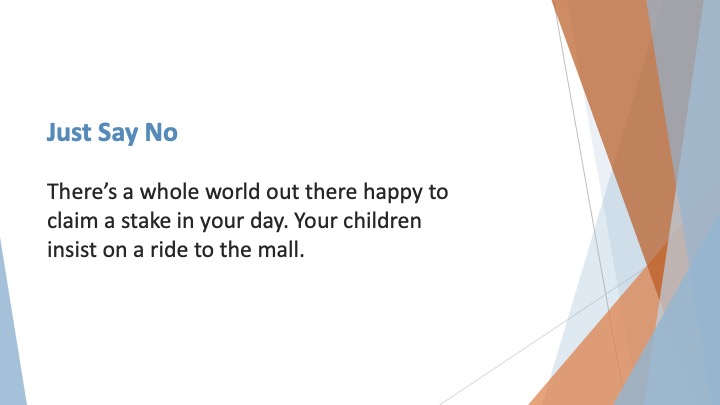


**S22 : Less Stress Every Day**

Each day will bring some type of stress. It is unavoidable. But when you suffer from eczema, stress can cause horrible flareups. Quite simply, stress can be defined as the way the mind and body respond to daily stressful stimuli.



**S23 :** If you have eczema, you need to indulge in self-care. You matter, so learn to listen to your own needs instead of putting the needs of others ahead of your own.

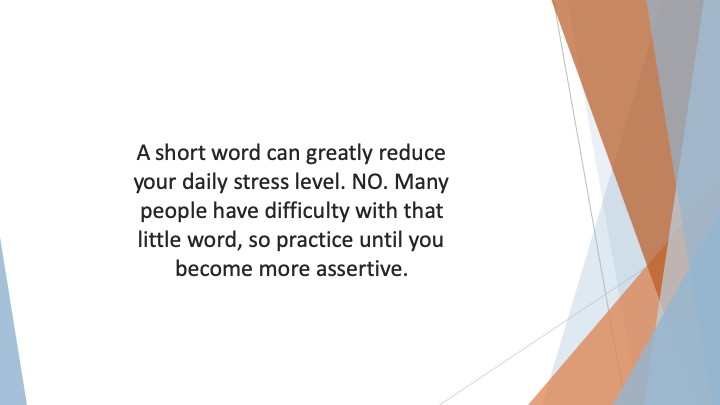
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**S24 : Just Say No**

There’s a whole world out there happy to claim a stake in your day. Your spouse wants you to prepare a special dinner. Your children insist on a ride to the mall.

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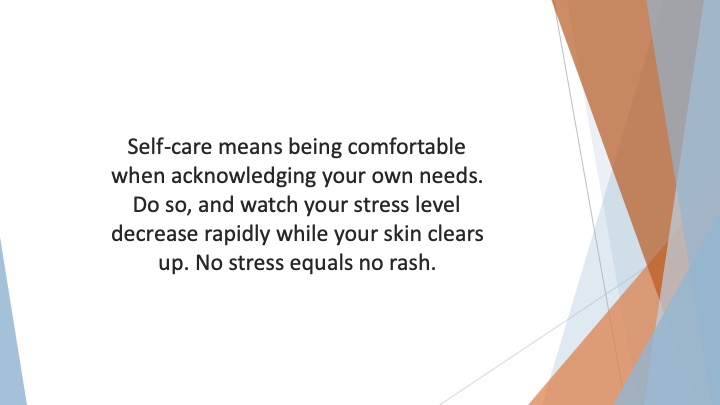
**S25 :** Your neighbor wants you to take care of her pets while he’s away. And your boss keeps piling on the work.

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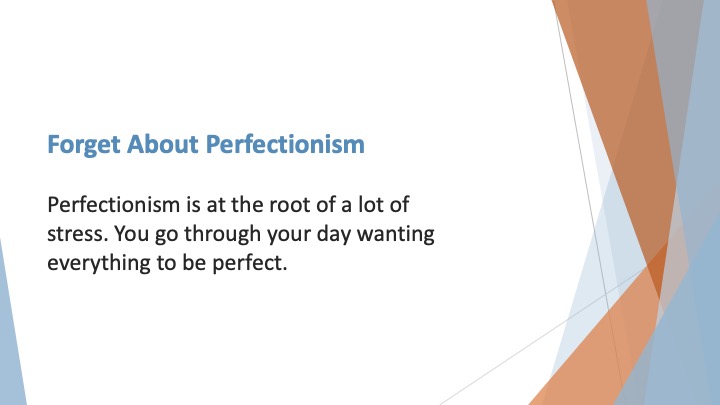
**S26 :** A short word can greatly reduce your daily stress level. NO. Many people have difficulty with that little word, so practice until you become more assertive.

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**S27 :** Remember, you have a choice. You can always politely refuse a request, even from those closest to you. And remember to assert your own needs. Tell your spouse you’d like to go to dinner rather than cook.

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**S28 :** Self-care means being comfortable when acknowledging your own needs. Do so, and watch your stress level decrease rapidly while your skin clears up. No stress equals no rash.

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**S29 : Forget About Perfectionism**

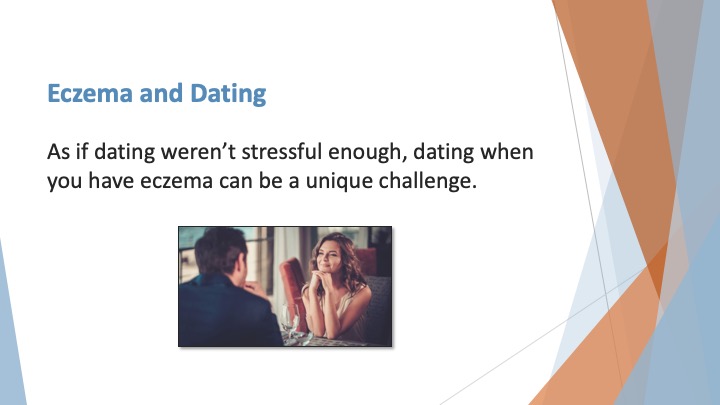
Perfectionism is at the root of a lot of stress. You go through your day wanting everything to be perfect. That puts a heavy burden on your emotions and inevitably causes tremendous anxiety, which in turn will cause your skin to justifiably rebel.

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**S30 :** Accept that you have nothing to prove to anyone. Sometimes, good is good enough. Usually, the need for perfectionism signals a need to avoid failure rather than a desire to succeed.

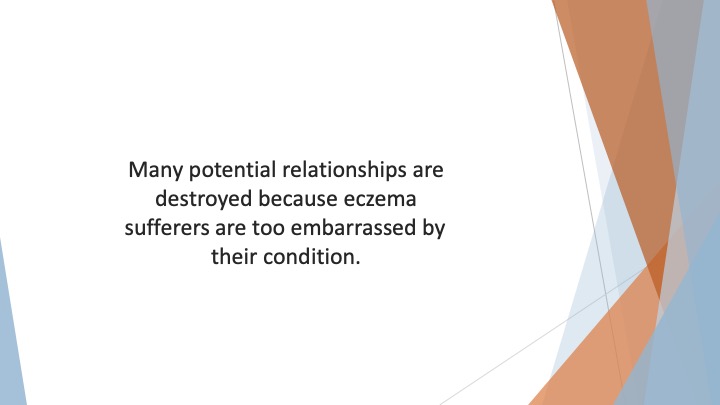
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**S31 :** There is no need to overwhelm your brain with demands for absolute perfection. Do your best; the rest will follow.

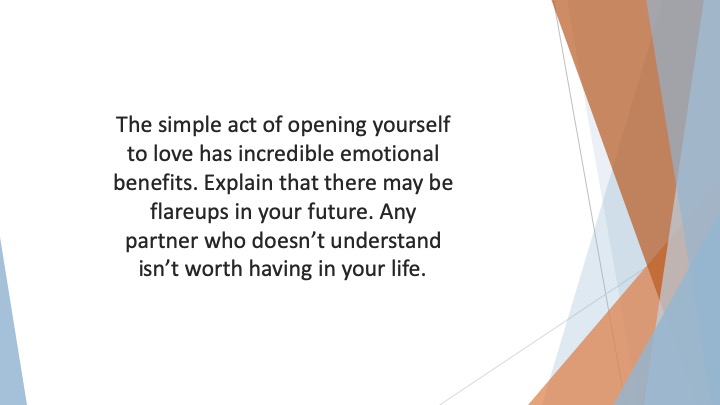
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**S32 : Eczema and Dating**

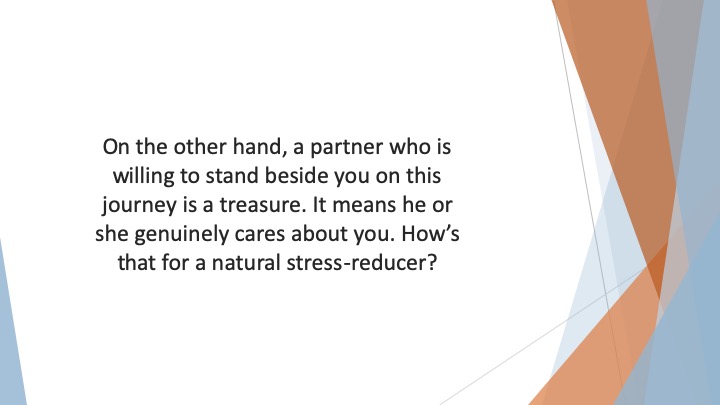
As if dating weren’t stressful enough, dating when you have eczema can be a unique challenge.

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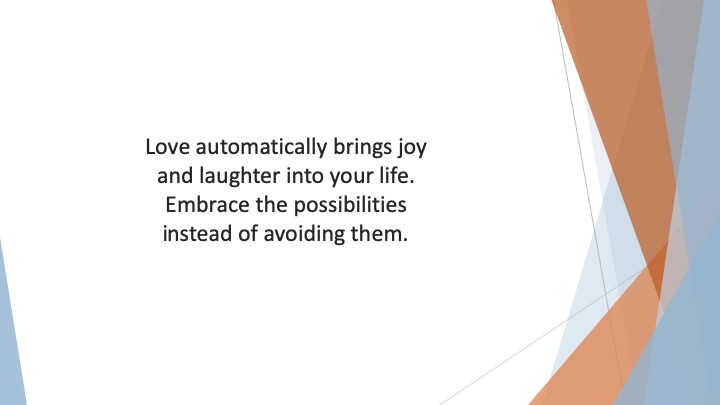
**S33 :** Many potential relationships are destroyed because eczema sufferers are too embarrassed by their condition. It’s easier to push someone away and out of your life than to discuss eczema.

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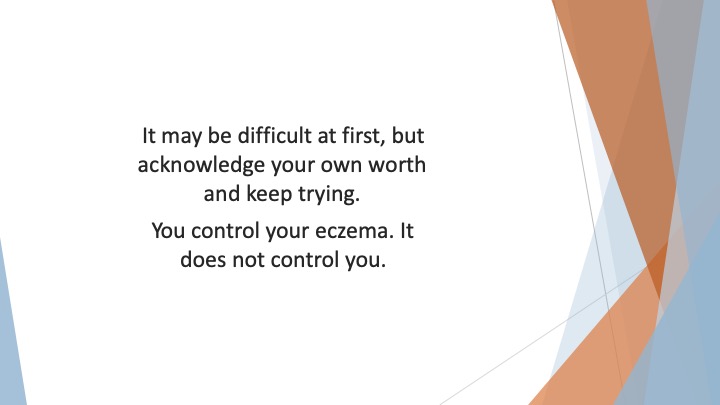
**S34 :** The simple act of opening yourself to love has incredible emotional benefits. Discuss the situation and your fears with your potential partner. Explain that there may be flareups in your future. Any partner who doesn’t understand isn’t worth having in your life.

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**S35 :** On the other hand, a partner who is willing to stand beside you on this journey is a treasure. It means he or she genuinely cares about you. How’s that for a natural stress-reducer?

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**S36 :** Love automatically brings joy and laughter into your life. Embrace the possibilities instead of avoiding them.

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**S37 :** It may be difficult at first, but acknowledge your own worth and keep trying.

You control your eczema. It does not control you.