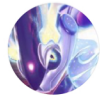


Acne & Skin Picking Disorder



reese @ruraldisco

ocd/dermatillomania and acne is such a bad combo bc its just a never ending cycle of Oh my skins healing Oh but wait there is a spot there *scratches it open*



Acne & Skin Picking Misconceptions

- ⇒ Just because you have Skin Picking Disorder doesn't mean you have acne & just because you have acne doesn't mean you have SPD.
- ⇒ People struggling with skin picking often see a Dermatologist first, thinking Skin Picking Disorder is only a skin-related condition like acne.
- ⇒ Dermatillomania is often thought of & treated first as acne. This might clear up some triggers, but picking compulsions remain.
- ⇒ Dermatologists need to be better informed on how to best work with clients who have Skin Picking Disorder & acne, such as offering topical solutions in wipes to lessen skin-on-skin contact

Acne & Skin Picking Management

- ⇒ Skin picking causes us to scan our skin which can fill our pores with debris, becoming risen & triggering to touch. Because we touch our skin so often, we may breakout from repeated contact with our go-to picking areas.
- ⇒ Wear gloves while watching tv or at your desk, for your hands to have a barrier between your fingers & face when you mindlessly scan looking for something to level.
- ⇒ Hydrocolloid patches can aid angry areas by preventing picking while allowing trigger spots to heal.
- ⇒ Try washing up in the kitchen so there is no triggering mirror.
- ⇒ Ice areas that feel hot, swollen or even to numb scabbing areas.
- ⇒ Sleep on anti-bacterial, smooth & non-irritating fabric, such as silk pillowcases, to deter acne build-up. Wash you pillowcase & sheets regularly.
- ⇒ Try an anti-inflammatory, like Tower 28's SOS Daily Rescue Facial Spray, to soothe irritation. It contains Hypochlorous Acid, which can help reduce redness & defend your skin from bacteria.
- ⇒ Try a fidget toy, such as a Tangle, to redirect your finger energy from your skin.



Acne & Skin Picking Self-Acceptance

- ⇒ Remember you are more than the appearance of your skin. No matter how your blemishes or sores were created, you are valid, valued & worthy of love.
- ⇒ Choose yourself over the illness that chose you by downloading our pledge template at pickingme.org/pickingmepledge.

"I'm #PickingMe over Skin Picking because I stand for skin-positivity!"

- ⇒ Check out our #WhatsWithYourSkin tag & take part in our challenge to spark on convos on "good" or "bad" skin.

