Dermatillomania & Zoom

Due to the COVID-19 pandemic, meetings on Zoom have become common. Whether it’s meeting with co-workers, attending a class or just chatting with a friend, most of us have been on Zoom at one point. For those with Skin Picking Disorder, these meetings can bring a whole new list of triggers. Having to look at yourself on a screen or prepping for a virtual interaction is an experience many Dermatillomania sufferers dread. Check out our tips on how to manage the Dermatillomania and Zoom experience!

~ Turn off ‘self view’

~ Use ‘speaker view’ so you can focus on one person at a time

~ Turn on ‘touch up my appearance’ in the video settings if you’d like to alter the appearance of your skin

~ If you’re not comfortable being seen, turn off your video or ask the Zoom coordinator if you are able to just do audio

~ Wear hydrocolloid patches, to heal & gain better awareness of where your fingers are

~ Use jingle bracelets & spray unfamiliar perfume/scents on your wrists to help other senses alert you to roaming fingers

~ Wear tight clothing as blockers, like leggings, turtlenecks, and long sleeves with thumb holes, over trigger areas to prevent wandering fingers

~ Have a zoom fidget, try rubbing one of our Awearness bracelets from pickingme.org/shop

~ Shake up your make up routine, try a new look or go make up free

~ Print out a Skin Picking Log from pickingme.org/skinpickinglog & place to by your laptop. When you catch your fingers scanning, mark the “Pre-Pick” box

~ Use bright light for the actual meeting, & dim the lights afterwards

~ Remember that people are meeting with YOU on Zoom, not who you believe you present as on camera