

Dermatillomania &

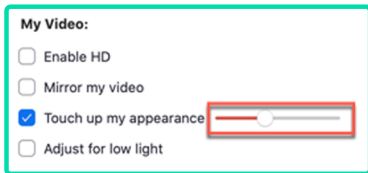
ZOOM

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 strugglers dread. Check out our tips on how to manage the Dermatillomania and Zoom experience!

X

- ~ 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

Lauren Brown
@Laurenbrown95

Please don't put me on the spot about not having my camera on in Zoom meetings. I suffer from dermatillomania and especially at times of extreme stress (aka every waking hour of 2020) it's chronic. Feeling like I need to show my face makes it a gazillion times worse

- ~ 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 **Awareness bracelets** from pickingme.org/shop



Skin Picking Log

Picking Date (Circle)	Time / Duration	Body Location	Trigger	Sensory (Itches, Tingles, or Pressure)	Cognitive (Thoughts)	Affective (Feelings)	Motiv. (Awareness)	Place (Context)	Emotion (How I Felt)	Take Back to Thought
Pre Pick										
Post Pick										
Pre Pick										
Post Pick										
Pre Pick										
Post Pick										
Pre Pick										
Post Pick										
Pre Pick										
Post Pick										

For more info visit pickingme.org
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#PickingMe over Skin Picking
@pickingmefdn

Questions? Contact Lauren McKinstry
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- ~ **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