

Dermatillomania During Winter

Winter weather can be harsh on our skin. The cold air has little moisture and often ends up leaving skin dry and prone to chafing, becoming a huge trigger for Skin Pickers. If you live in an area with cold climates, check out our tips!

DRY SKIN

Keep your skin protected by wearing **long-sleeve clothing**, but change when damp to avoid dry & irritated patches

Spray **Aquaphor** on your body before bed, then put on your PJ's

Apply **Bio Oil** post shower to lock in moisture

Exfoliate when you're washing with **shower gloves**

Mist your body in **Aveeno Oil Spray**

CHAPPED LIPS

Keep **balms** handy in your pocket or bag for on-the-go application

Try out lip masks to moisturize, like **Laneige's Lip Sleeping Mask**

Apply **Miracle Lips Cream** to soothe lips

Exfoliate your lips, **E.L.F.'s Lip Exfoliator**

Apply **Rose Salve Lip Balm** on chapped lips

ROUGH HANDS

Use **Touchland's Aloe hand sanitizer**

Try **spray-on sanitizer** to lessen rubbing

Apply **Vitamin E Oil** on cuticles

Sleep in soothing **silicone gloves** to hinder late-night picking & replenish dry skin



호호호 @Duretpur

Anyone w dermatillomania feel like it's worse in the winter bc ur skin is already somewhat dry and ready to be harassed/ it's harder to abstain? I'm at my most vulnerable



MASKNE

Wipe **Stridex Salicylic Acid Pads** inside cloth mask and wave dry

Use face wipes like **witch hazel** before & after mask use

Opt for masks with **breathable, soft fabric**. Make sure they fit snugly, but not too tight to lessen irritation & chafing



ISOLATION

Cover any mirrors with a scarf or positive notes

Surround yourself with fidgets from our Fiddle Pack at pickingme.org/shop

Cater to other senses. Light a candle, play a noise canceler or playlist, relax with a cup of tea or lemon water

Check in with the community with **#PickingMe** or join our support group at pickingme.org/onlinesupportgroup