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

**MASKKNE**

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

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