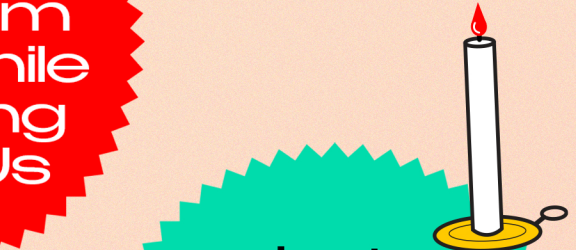




Save energy
with these Dermatillomania
mgmt strategies →

Dim or
turn off
bedroom
lights while
changing
into PJs



Let
candles
light
bathroom
time

Clip on
a book
light
to read
cozied up



Set a timer
to prevent
shower
scanning



BONUS:

Save **mental energy**
by unplugging from society's
unrealistic beauty expectations