# Mental Health

## HAIR LOSS:

DUE TO: TRICHOTILLOMANIA,
ALOPECIA AREATA
TELOGEN EFFLUVIUM
(DANIEL, 2021)

# SKIN:

DRY SKIN/ACNE/RASHES
LINES & WRINKLES
PUFFY EYES
(YARIBEYGI, 2017)

# SORE LIPS:

MANY PEOPLE CHEW THEIR LIPS OR
THE INSIDE OF THEIR MOUTHS
WHEN THEY FEEL STRESSED.
(YETMAN, 2020)

# SHOULD IT BE OUR #1 BEAUTY REGIME?

### BRAIN/MEMORY:

SHORT-TERM TO LONG-TERM MEMORY CONVERSION DEPENDS ON THE HIPPOCAMPUS WHICH DIRECTLY RESPONDS TO STRESS.

(SCOVILLE, 1957)

# FACE FLUSHING:

STRESS CAN CHANGE YOUR
BREATHING PATTERNS CAUSING
YOUR FACE TO FLUSH.
(YETMAN, 2020)

# BEAUTY COMES FROM THE INSIDE.

BEAUTY COMES FROM THE BRAIN.

BEAUTY DEPENDS ON MENTAL HEALTH.

# TOOTH DAMAGE:

STRESS AND ANXIETY OFTEN
CAUSES TEETH GRINDING WHICH
CAN CAUSE PERMANENT DAMAGE.
(YETMAN, 2020)