

# IN YOUR FACE, STRESS

*How life's daily pressures can show up in your skin, and what you can do about it.*

DERMATOLOGISTS CALL IT "BlackBerry Botox"—an injection to fill the lines we get between our brows from squinting at our tiny phone screen. Or so we thought.... If you get your news from your smartphone, know that a study from Université de Montréal shows women are more susceptible to stress than men after viewing negative stories in the media. The levels of cortisol, a stress hormone, spiked more in the ladies than in men. And cortisol can show up on the face, causing premature aging, says dermatologist Dr. Amy Wechsler, author of *The Mind-Beauty Connection*. "When you're stressed, cortisol is released by the adrenals and will break down skin tissue," says Wechsler. This can disrupt the formation of new collagen—the substance that holds skin together—causing wrinkles and dull-looking skin. Wrinkles appear in areas where the skin is thinnest: around the mouth, eyes and forehead. Counteract cortisol by reducing stress in your life. "Practise deep-breathing exercises, get active, stretch out your sleep and take time out to cuddle or have sex," says Wechsler. —LISA EVANS

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