

LIVING WITH ALOPECIA AREATA 5 MIND & BODY CALMING STRATEGIES



CALL A FRIEND

Talk about your feelings.

Talking to someone you trust can be one of the best ways to release emotions relating to alopecia. Talking to someone else with alopecia can be even more powerful.

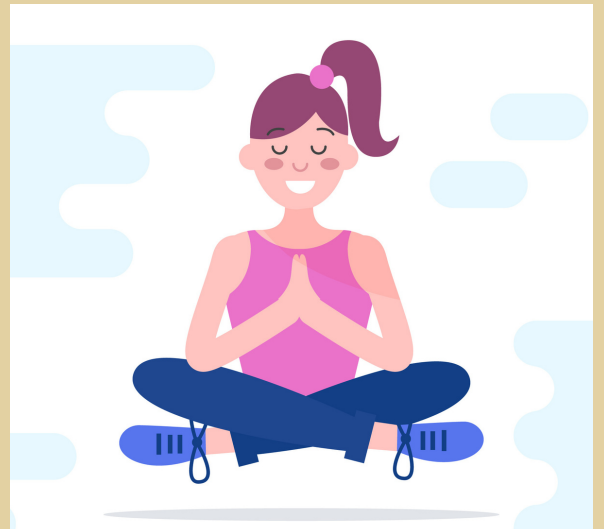
✨ ✨ **CANAAF Resources:**
[Local Support Groups](#)
[CANAAF Community Facebook Group](#)

DEEP BREATHING

Try this simple breathing exercise:

Breathe in for 5 seconds;
 Hold breath for 5 seconds;
 Exhale for 5 seconds;
 Hold no breath for 5 seconds;
 Repeat 5 times.

Community Support:
[JenB Yogi Tranquil Thursdays](#)

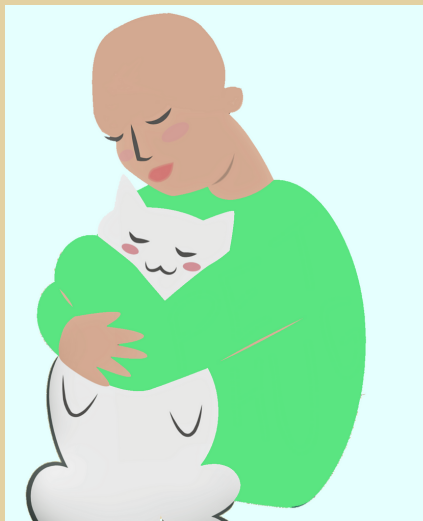


HOLD SOMEONE

Create a positive space.

Sharing a hug with a loved one causes the release of chemicals within your body that promote happiness, comfort, and a sense of belonging.

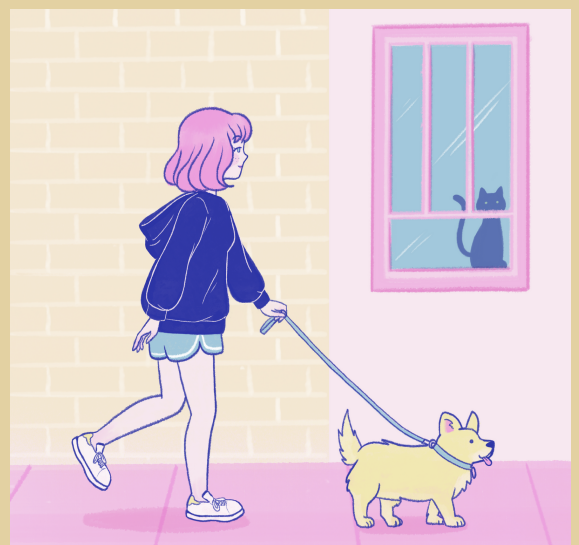
✨ ✨ For an extra dose of positive energy, say these **5 positive alopecia affirmations**.



GO FOR A WALK

Connect with nature.

Take a moment to appreciate the little things: the sun on your face, the breeze, the plants, the birds. Even if just for 30 minutes a day, connecting with nature can help restore balance to your mind and body.



ESTABLISH A ROUTINE

When our internal world is fluctuating, external routines and rituals can help ground us.

1. Create a consistent routine for work and daily activities to help free your mind from stress.
2. Schedule daily check-ins with your wellbeing and ask yourself:



What do I need right now?

