

# 5 Ways to Calm Your Skin from the Inside Out

A Simple Guide to  
Nervous System  
Regulation  
for Eczema

everything  
eczema



Living with eczema can feel overwhelming, but there's hope beyond just treating your skin from the outside.

This guide shares five simple, gentle approaches to help your nervous system find balance—which can significantly improve your skin's healing process.

By understanding the powerful connection between your mind and skin, you'll discover practical tools to break the stress-itch cycle and nurture your body's natural ability to heal.

Let's Start!

everything  
eczema



# Why Your Nervous System Matters for Your Skin

Your skin and your brain are best friends—they talk to each other all day long.

Think of them like pen pals constantly sending messages back and forth.

When one feels stressed, the other immediately knows about it.

This connection explains why stressful days often lead to skin flare-ups.

When you feel worried, anxious, or overwhelmed, your skin receives those distress signals and responds with inflammation, itchiness, and irritation.

The good news is that this connection works both ways.

When you help your body feel calm and safe, your skin gets the message too.

Learning to regulate your nervous system creates the internal environment your skin needs to heal.



By understanding this mind-skin connection, you gain powerful tools beyond creams and medications.

The five simple techniques in this guide will help both your nervous system and your skin find much-needed relief and balance.



# Meet Your Two Body Helpers

## The "Go-Go-Go" Helper (Sympathetic Nervous System)

Think of this as the superhero inside you that gets you ready for action.

When you need to run from danger, get excited about something, or stay alert, this helper kicks in.

It increases your heart rate, sends blood to your muscles, and prepares you to respond quickly.

**The problem comes when this system gets stuck in "ON" mode.**

When this happens, your skin becomes hot, itchy, and inflamed.

Eczema flare-ups often worsen because this system is overactive.



## The "Rest and Relax" Helper (Parasympathetic Nervous System)

Imagine this as a cozy blanket that helps you feel safe and calm.

It activates when you're sleeping, digesting food, or healing.

This is the system we want to strengthen to help your skin.

When your "Rest and Relax" helper is working well, your skin gets the chance to heal, inflammation decreases, and that constant itchy feeling can finally settle down.



# The Magic of Deep Belly Breathing

Breathing like a sleeping baby is one of the fastest ways to switch from your "Go-Go-Go" helper to your "Rest and Relax" helper. When you breathe deeply into your belly, you send an immediate signal to your body that everything is safe.

## How to Practice Deep Belly Breathing:

1. Place one hand on your chest and one on your belly
2. Breathe in slowly through your nose for 4 counts, feeling your belly expand
3. Hold gently for 1-2 counts
4. Exhale slowly through your mouth for 6 counts, feeling your belly fall
5. Repeat 5-10 times



Try this practice first thing in the morning, right before bed, and especially when your skin begins to feel itchy or irritated. Even 3 minutes of deep belly breathing can reduce stress hormones and help calm an eczema flare-up before it intensifies.



# The 5-4-3-2-1 Calm Down Game & Gentle Movement

## The 5-4-3-2-1 Calm Down Game

This simple sensory awareness exercise brings your attention back to the present moment, interrupting the itch-scratch cycle and anxiety spirals.

When you feel overwhelmed or notice the urge to scratch:

- Name 5 things you can **see** right now
- Notice 4 things you can **touch** or feel
- Listen for 3 things you can **hear**
- Identify 2 things you can **smell**
- Notice 1 thing you can **taste**

## Gentle Movement That Feels Good

Moving your body in ways that feel pleasant helps release tension and stuck energy that can contribute to skin irritation.

Try these gentle approaches:

- Stretch like a cat waking up from a nap
- Take a slow, mindful walk outdoors
- Dance freely to one favorite song
- Practice gentle yoga stretches
- Shake out your hands and feet for 30 seconds





# Create a "Safe Space" Routine

Your nervous system loves predictability and comfort.

Creating a consistent routine sends powerful signals to your body that it's safe to relax and heal.

Your "Safe Space" routine is a collection of soothing activities that help transition your nervous system into a calm state.

## Elements to Include in Your Routine:

- Soft, gentle music or nature sounds
- A favorite blanket or comfortable clothing
- Dim, warm lighting (avoiding harsh blue light)
- A gentle, fragrance-free lotion ritual
- A warm (not hot) bath with colloidal oatmeal
- A calming herbal tea like chamomile and reading



Practice your "Safe Space" routine before bedtime to improve sleep quality, or after experiencing stressful situations. Even 10-15 minutes can help reset your nervous system and reduce skin inflammation. Consistency matters more than length—try to incorporate at least a few elements daily.

# The Power of Kind Self-Talk



## Recognize Harsh Self-Talk

Notice when you're being critical of yourself or your skin. Thoughts like "I hate my skin" or "I'll never get better" trigger your stress response.



## Pause and Breathe

Take a moment to breathe deeply and create space between your thoughts and reactions.



## Replace with Kindness

Ask yourself: "What would I say to a friend with eczema?" Then offer those same kind words to yourself.



## Practice Regularly

Kind self-talk gets easier with practice. Try writing down your supportive phrases to use when you need them most.

Instead of "My skin is so ugly," try "My skin is working hard to heal, and I'm learning to support it better every day."

Mean or critical thoughts make your body feel unsafe, triggering more inflammation. When you speak to yourself with compassion, you activate your "Rest and Relax" helper, creating the internal conditions for healing.



# Your Daily Calm Checklist

Small, consistent actions create powerful change over time. You don't need to implement everything at once. Start with just one technique that feels most accessible to you, and gradually add more as they become comfortable.

## 1 Practice Deep Belly Breathing

Even 3 minutes, three times daily can make a significant difference.

## 2 Use the 5-4-3-2-1 Technique

Especially helpful when you notice the urge to scratch.

## 3 Move Your Body Gently

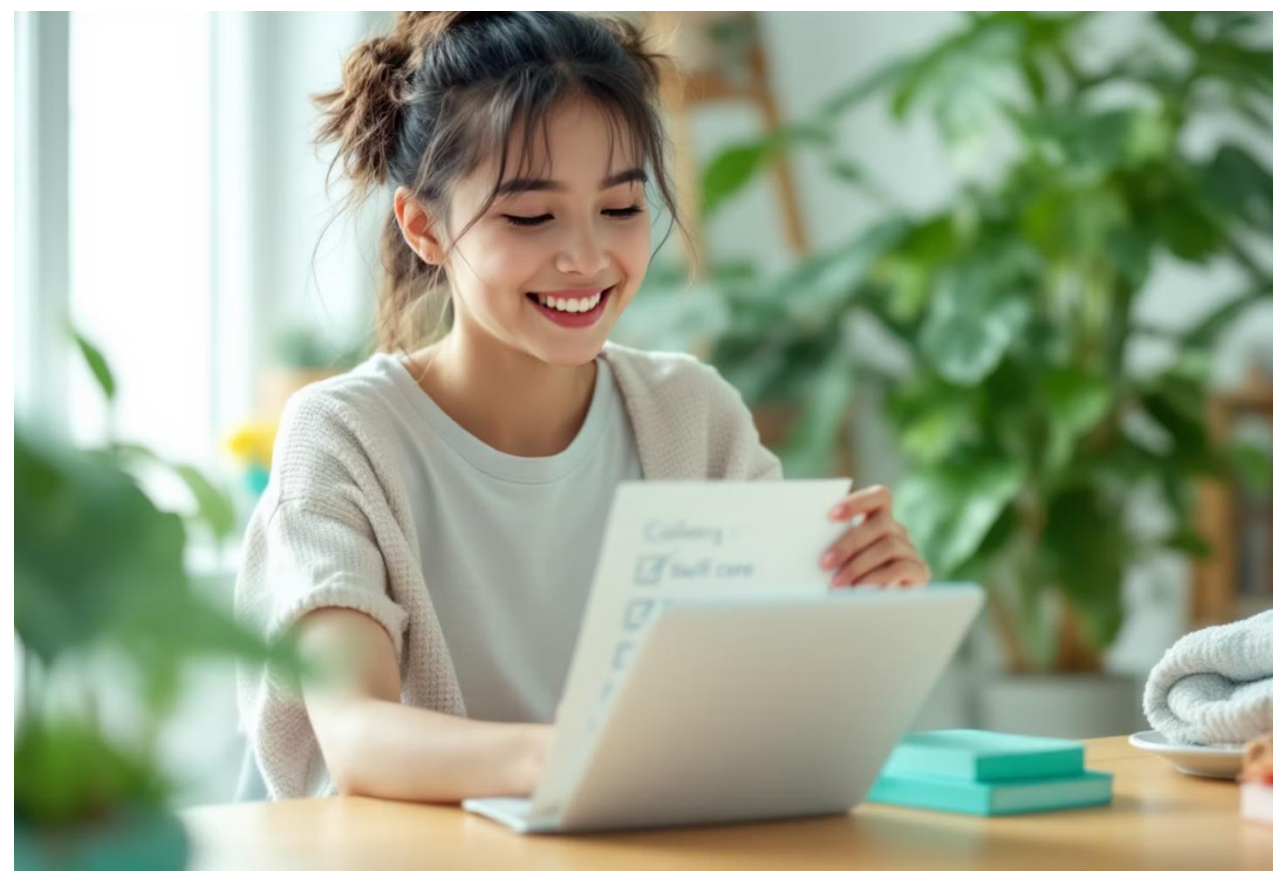
Find movement that feels good rather than punishing.

## 4 Create Your Safe Space

Establish consistent comfort signals for your nervous system.

## 5 Speak to Yourself Kindly

Replace one critical thought with a compassionate alternative.



Remember that healing isn't linear. Some days will be easier than others. The goal isn't perfection but progress—creating more moments of calm for your nervous system and your skin to heal and thrive.

By addressing the internal environment that contributes to eczema flares, you're giving your body powerful tools to complement your external skin care routine.

You've tried it all — creams, diets, supplements, doctors, elimination plans... and nothing seems to **stick**. You're still waking up itchy, covering up your skin, and feeling like eczema is running your life. It doesn't have to be this way.

## If you're here, you're probably thinking...

- *"Why is my skin still flaring when I've already cut out dairy/gluten/sugar?"*
- *"I just want to sleep through the night without scratching."*
- *"No one gets it. I'm so tired of hiding my skin — and myself."*
- *"I don't want another steroid. I want real, lasting relief."*

You're not alone. And the problem *isn't* that you haven't tried hard enough.

The problem is that no one's shown you how to heal from the inside out — in a way that works for *your* body, *your* life, and *your* skin's timeline.


## Imagine this instead...

- Falling asleep peacefully — and staying asleep — without medicated creams or fear of a flare
- Wearing short sleeves or tank tops without shame
- Watching your skin *gradually calm down* as your gut, nervous system, and body begin to balance
- Reclaiming your confidence, your social life, your joy — because eczema is no longer controlling you

## Introducing: The Holistic Eczema Reset

**A proven 12-week 1:1 coaching program for eczema warriors who are ready are ready for *real*, sustainable results.**

This isn't a DIY diet, another supplement stack, or a one-size-fits-all treatment. It's a fully personalized healing system — backed by science, rooted in holistic nutrition, and delivered by a coach who *gets it* because I've lived it.

When you are ready, [Book your Eczema Reset Chat](#) to get started   
or visit us at [everythingeczema.ca/coaching](https://everythingeczema.ca/coaching).