

3 Steps to Soothe Your Skin When Stress Strikes

1. Pause and Check In:

Place your hands gently on your cheeks, chest, or arms. Let them rest there—notice the warmth of your hands. Explore different levels of pressure and see what feels most like a “yes.”

Breathe in and ask: What am I feeling right now—physically, emotionally, energetically?

Breathe out and tell your body: You’re safe to be here.

Why it works:

Soothing self-touch and attuned awareness helps calm your body’s stress response and signals safety to your nervous system and skin.

2. Unwinding Skin Tension Through Sound

Let your voice help release what your skin is holding.

Start humming a gentle, steady sound with your lips closed for 1 to 3 minutes. Feel the vibrations in your throat and chest. Focus on the soothing sensation of your hum.

Why it works:

Humming has a calming effect on the nervous system by engaging the vagus nerve through gentle vibration of the vocal cords and throat muscles. This simple practice reduces stress, promotes relaxation and boosts energy. You can do it anytime, anywhere and integrate it into your day.

3. Guided Imagery for Skin + Nervous System

Listen to this [short guided audio](#) that walks you through a visualization to settle your nervous system and support skin healing.

Why it works:

By imagining calming, safe, or healing experiences, you send signals of safety to your nervous system—reducing stress hormones and inflammation. This helps shift your skin out of survival mode and into a state where repair and relief are possible.