

***The Smart Girl's Guide***  
***to***  
***Fixing Stress-Related***  
***Hair Loss***



***“What I am looking for is not out there, it is in me”***

**-Hellen Keller**

If you are looking for a solution to your hair loss problem, it's not out there, it's in you.

And even before you find a solution, ladies, you must find the root cause of your problem.



Again, it's not out there. It lies within you.

Stress.

It's within all of us. However, the amount may vary.

But it's right there – in all of us.

*Bit by bit, this stress is killing your tiny, lovely follicles. You are unaware of this. Stress works silently. You only see its results.*

Can you feel or see your hormones circulating in your body? No. You can only feel or see the effects these hormones produce in your body.

Similarly, stress is within you. It's working - relentlessly.

The ultimate solution to fixing your stress-induced hair loss is to banish stress. Easier said than done, eh?

Well, in this e-book, you will discover those daily "convenient" habits that silently produce stress in your mind, body, and follicles.

You will find ways to break these habits to fix your hair loss caused by stress.

You will also find what women with beautiful hair do every day. Somehow, they just seem to flaunt lovely tresses almost all the time. The secret lies in their daily habits because it's your behavior and actions that produce or reduce stress in your everyday life.

Things seem difficult, until you meet everything head-on.

Mostly, we just need to break the chain of habits we have formed over years. How it can transform our life! When you change your habits, you notice a change in your body, mind, and spirit.

So, if you have been complaining about your hair loss and going through more stress for it, it sure is time to change.

Look within you.

Your hair grows from your body. It is not something you have attached externally.

The e-book unveils the shocking connection between stress and follicle function.

By the end of the e-book, you will know quite a few hair-friendly habits and how to fix your hair when you absolutely have no time. You can create gorgeous hair-dos even during the typical morning rush hours and for your at-home zoom meetings.

*If you imbibe every chapter of this e-book and implement the tips, you will end up with hair so beautiful, you will say, "Oh, why didn't I think of doing these things before?"*

**So, let's get started now! Remember, you are losing your precious tresses every day. Waste no further time.**



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# Chapter 1

## The Stress-Hair loss Connection

Sometimes you are so stressed out that you just want to tear your hair off! Well, some people literally do that. Doctors have given a name to such kind of hair loss. It's called Trichotillomania.



### Trichotillomania

It's a medical condition characterized by a strong urge to pull or pluck your hair out. It's your body's compelling need to relieve extreme stress or trauma.

You might wonder, "Who would want to pluck their lovely hair deliberately?"

However, there are people who do it.

About 1 or 2 out of 50 people display this urge, according to TLC Foundation for Body-Focused Repetitive Behaviors.

Psychologists also call it the “grooming behavior.” The Diagnostic and Statistical Manual of Mental Disorders categorizes this condition in “Obsessive Compulsive and Related Disorders.”

Many people are not even aware they are doing it! The hair-plucking happens when the person is supremely distracted due to stress. They unconsciously reach out for their beard, eyebrows, eyelashes, or scalp hair and begin twisting, pulling, and plucking.

Some people might be doing it right now while reading this!

## **Telogen Effluvium**

When you are in extreme stress, the follicles simply “decide” to doze off! Omigosh, they just can’t handle the stress!

The telogen or resting phase lengthens. New hairs are not produced. Hairs that have completed their life cycle begin to shed. You notice this shedding, but without the replacing of the shed hair. As a result, your hair density becomes thinner.

## **Alopecia Areata**

Imagine your immune system attacking your own body’s cells! This is exactly what happens in Alopecia Areata type of hair loss. The culprit? Stress.

Deep and prolonged stress can make your immune system go kind of insane and it begins attacking your body’s beloved follicles. What a pity!

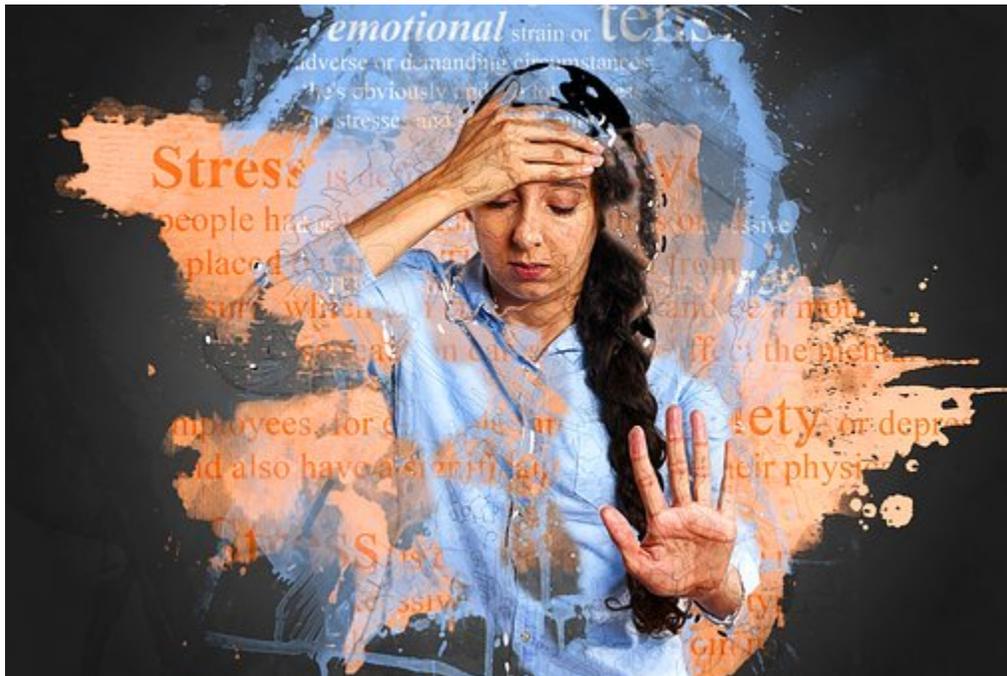
*Don't you think you must banish this stress from your life now?*

## Chapter 2

### How Does Stress Affect Hair?

You experience two types of stress:

- Physiological (physical)
- Psychological (mental)



Both happen within you, although the trigger could be external.

**Physiological Stress:**

Childbirth, imbalance in hormones, malnutrition, starvation or crash diets, erratic lifestyle, menopause, and surgery cause physiological stress to the body. Hair loss is common in these cases.

### **Psychological Stress:**

Shock, mental trauma, deep grief, prolonged sadness, guilt, regret, and related states of minds cause psychological stress. Again, it affects your follicular function.

*The Coronavirus pandemic brought about a surge in hair loss cases. Naturally, people were, and still are, stressed out. They lost their livelihoods. Lockdowns ushered in a wave of anxiety. What will happen next?*

*According to trichologists, stress-related hair loss has been one of the commonest side effects of the pandemic.*

### **The Stress Mechanism**

Trinity Dermatology in Carrollton, Texas, is an affiliate office of the US Dermatology Partners. A renowned doctor here states that the body perceives a threat when in stress. It results in the “fight or flight” response. This channelizes energy from less-important bodily functions (such as producing hair) to the more important ones, such as tackling the “invader” and keeping the vital organs safe.

No wonder a person in stress displays pale skin and nails. Their hair lacks luster. You can immediately recognize that the person is unwell or something is wrong with them.

**Before you read on, ponder for a minute over these questions:**

1. How much stress are you facing at present?
2. Which things/people in your life are stressing you out?
3. What can you do about it (the stress and the triggers)?

*Measure your stress on a scale of 1 to 10.*

*Make a list of things/people causing stress.*

*Make a list of probable solutions.*

**Now, observe your hair loss pattern.**

- Do you have balding patches on your scalp?
- Is your hairline receding?
- Has your hair parting widened?
- Has your ponytail become thin and limp?

When exactly did you notice your hair falling in huge numbers or your mane appearing thinner than before?

***Stress-related hair loss, according to trichologists, usually happens a month or two after the trauma or incident that caused stress.***

## **Chapter 3**

### **10 Worst Daily Habits for Your Hair**

Knowingly or unknowingly, you are causing stress to your follicles due to the following seemingly harmless daily habits.

The truth is: these habits are plain torture for your hair. Change them today, if you wish to flaunt healthy, strong hair.

#### **1. Waking up late**

It's okay if it's your day off from work and you want a few extra winks in bed. However, if waking up late is your daily habit, you are unnecessarily inviting stress into your life.



You wake up late. You rush. You have no “me” time. Forget meditation, you do not even have time for a proper breakfast, which is essential to start your day on a healthy note. You also tend to handle your hair roughly when in hurry.

So, you see:

- No proper breakfast
- No meditation
- No gentle hair handling

All of these create stress. When done daily, it affects your mental wellbeing, which, in turn, affects your follicular function.

***Solution:***

*Set an alarm. Wake up sufficiently early to start your mornings in a pleasant manner. Your hair will thank you for this.*

## 2. Taking hot showers

Aren't hot showers one of the coziest things on cold mornings? Ask your hair; they will say a resounding "no."



When hot water splatters on your scalp, the pores become hyperactive. The sebum glands present in the skin produce excess oil. This can be damaging to normal follicle function.

Besides, hot water dries out scalp skin and may invite issues like dandruff. The more the scalp skin dries, the more the glands produce oil. Your scalp becomes a hyperactive place, with everything going haywire.

Eventually, the hairs become dry and brittle and tend to snap and fall.

### ***Solution:***

*Use warm water instead of hot. If possible, give the last rinse with cold water to seal the cuticles and get that extra shine in the hair.*

### 3. Using hot styling tools

Love that hot blow dryer session every morning?

Honey, you are destroying your beloved tresses!



Subjecting hair to regular heat breaks down their protein bonds, rendering them rough, weak, and brittle, with no shine. Once the bond breaks and the cuticles snap open, your hairs become vulnerable to damage. Their moisture balance is disturbed and you create a favorable condition for hair loss.

***Solution:***

*Keep that hot styling session for an occasion.*

*For the daily routine, wash your hair with a sulfate-free shampoo and condition regularly. You will notice a drastic change in quality of your hair. You will be able to style them easily without using any harmful tools.*

#### **4. Crash dieting/Skipping meals**

When you skip meals (either to lose weight or due to paucity of time) almost daily, your body starves. It then directs energy to more essential functions like keeping your heart and brain working, rather than producing hair.



If skipping meals become a habit, nutritional deficiencies and hair loss soon follow.

A renowned California dermatologist who specializes in hair disorders informs, “One of the top symptoms of diagnosing anorexia is severe hair loss.”

So, beware! Crash diets are never the best solution for weight loss anyway.

***Solution:***

*Your hair is made of protein. Eat a protein-rich diet. Eat good fats to keep your scalp skin supple. Eat enough vitamins and minerals for excellent follicle function.*

*Your follicles need food. So eat.*

**5. Combing wet hair**

Hair are at their weakest when wet. The cuticles are a bit raised when saturated with water. So, chances are high that the strand may snap off the cuticle when combed or handled roughly while dripping wet.



Experts are also against rubbing strands together with a towel while drying hair out. Simply wrap them with a soft towel to absorb the excess water.

***Solution:***

*Detangle the hair BEFORE washing. Use one-directional strokes while slathering shampoo on your hair to avoid tangling them. This way, you won't get a tangled mess on your head after shampooing.*

*Let hair air dry. Comb or brush your hair only when the strands are slightly damp or almost dry.*

***HOT TIP:***

***Wash your hair an hour before going to bed at night. When slightly damp, braid them loosely. Keep this hairstyle overnight. The next morning, open the braids when you wake up. You would find beautiful curls in your hair. You also save time washing and styling hair in the morning. Just comb them lightly. Your tresses are ready to impress!***

***But hey, remember, never sleep with wet hair. Wait till they are almost dry, style them, and then go zzz. Sleeping with wet hair can lead to fungal infections in the scalp due to dampness. It also encourages hair breakage.***

## **6. Wearing too tight hairstyles every day**

Are you fond of tying up your hair in a neat, tight bun? Is a tight, high ponytail your signature style? Do you love those tightly-woven braids with not a single strand out of place?



Ladies, you are torturing your follicles!

Wearing tight hairstyles constantly creates tension in your follicles. It creates scars. This can damage follicles permanently.

This daily habit of yours can lead to the traction alopecia type of hair loss, warn hair experts.

***Solution:***

*Let your hair loose at times. When doing hairdos like braids, ponytails, and buns, keep them a bit loose. You can keep those neat, sleek, tight hairdos for occasions.*

*For the daily routine, do the messy bun or tie your hair loosely at the nape.*

***How do you know if the hairstyle is too tight?***

***If it pulls at your scalp skin, it is too tight. Imagine your poor follicles getting pulled off!***

## **7. Scratching your head often and hard**

Are you suffering from dandruff? If you are, you must treat it immediately. According to hair experts, dandruff, when left untreated, can worsen and cause hair loss.



An itching scalp doesn't only mean dandruff. It could be a skin disease like psoriasis, seborrheic dermatitis, or others. Consult a dermatologist and seek treatment.

Scratching hard can break open the cuticles. Once this happens, your hair strands become weak and can easily break.

***Solution:***

*If your head itches often, consult a dermatologist. He/she might suggest an anti-dandruff shampoo or a suitable shampoo to treat this skin disease. Ensure that the shampoo has selenium and zinc to ease the itchiness.*

*Tea tree essential oil has anti-fungal properties. Dilute 2-3 drops in a few drops of coconut oil and massage it on your scalp twice a week.*

*Remember, scalp skin health is vital for healthy hair because it is the foundation of your mane.*

**8. Washing hair daily**

“You don’t need this,” says an expert at the Icahn School of Medicine located at Mount Sinai, NYC. She adds, “First, understand what a shampoo is meant for. It is an emulsifier that traps oils and removes them, along with dirt, to give you that “clean” feeling. However, daily shampooing removes natural oils too, leaving your hair dry, brittle, and weak.”



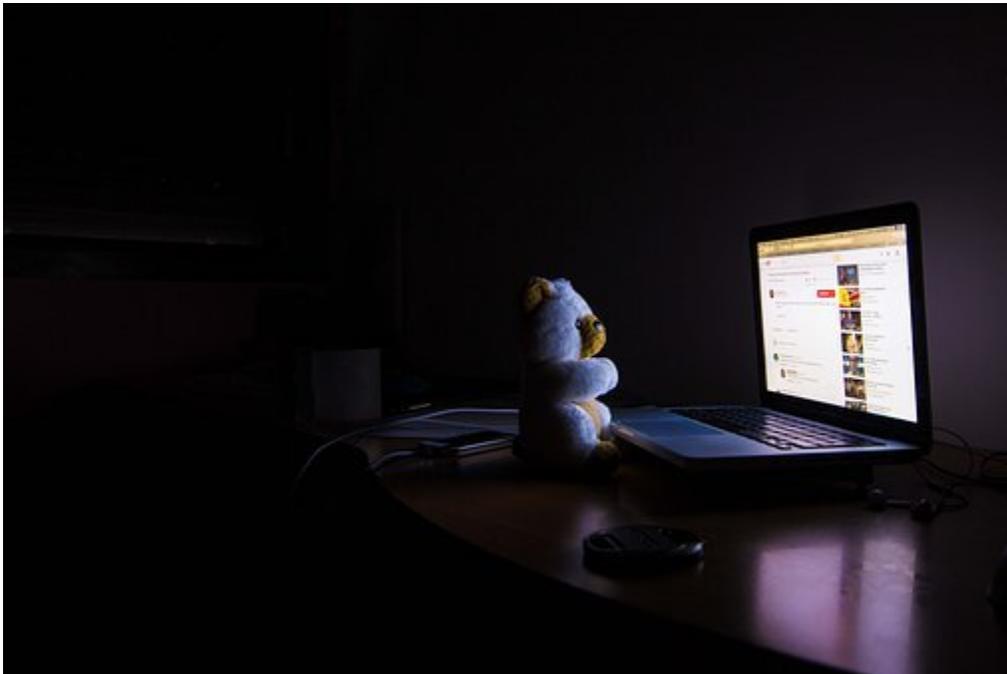
Natural oils provide moisture to the hair and serve as a protective barrier. You don't want to destroy your hair's natural protective shield, do you?

***Solution:***

- *If you have oily hair, shampoo thrice a week.*
- *If you have dry hair, shampoo only once a week.*
- *If you work in a polluted environment or live in a highly humid place, you may shampoo on alternate days, but daily shampooing is still not recommended.*

## **9. Sleeping after 1 am every night**

Night time is special for your body. When you sleep at night, your body gets down to do the vital 'repair and maintenance' work of organs. Those who don't sleep at night miss this vital function. As a result, they experience all sorts of mental and physical ill-health issues.



"If you have the habit of sleeping after midnight and are experiencing hair loss, it's not surprising," remarks an expert at the New York University Langone Medical Center.

Poor sleep patterns show on your skin and hair.

You are not letting your body do its repair work properly. Cells regenerate and your body rejuvenates itself while you are in deep slumber. The process peaks at around 3 am.

“So make sure that you are snoozing deeply at this hour. You must be in bed by 11 pm maximum every night to catch your beauty sleep (6-8 hours). Be out of bed by 5 or 6 am,” suggests a medical expert at NIH (National Institute of Health), which is an agency of the US Department of Health and Human Services.

***Solution:***

*Develop a daily sleep pattern and stick to it. If you are a habitual post-midnight sleeper, you won't be able to doze off by 11 pm. Do this: start by sleeping half an hour early. Cut back by half hour every week until you reach the 11 pm mark. Similarly, wake up half hour early until you reach the 5 or 6 am mark.*

*Stick to the new schedule for 21 days, which is the time you require to develop a habit. Your body will create a rhythm by then. You will find yourself naturally feeling sleepy by 11 pm and waking up fresh by 5 or 6 am.*

*Start today!*

## **10. Not doing anything for your hair loss**

You are super busy, juggle easily between personal and professional life, are highly ambitious, and a great mom, boss or co-worker, wife, and friend. But are you the best friend of your tresses?



You know you are losing hair. You complain about it. However, are you ready to change your “convenient” habits to revive your hair?

Simply complaining won't do.

Some women are not even ready to change their shampoo simply because they love its fragrance and foam. According to trichologists, both (fragrance and foam) are truly harsh on hair.

***Solution:***

*Ditch your sulfate-laden aromatic shampoos and choose sulfate-free, vitamin-fortified shampoos with botanical extracts. Feed your hair something more natural and less toxic.*

*Be ready to tweak your lifestyle a bit to realize your dream of flaunting gorgeous tresses.*

***Somebody has said, "Habits make or break us." In this case, habits can make your hair strands beautiful or break them, literally.***

## Chapter 4

### 10 Habits of Women with Beautiful Hair...in a Nutshell

Here are the 10 best habits that women with beautiful hair follow. If you inculcate them in your life, your tresses will love you!



These habits will benefit not only your hair, but also your overall health. They will help you manage stress beautifully.

So, here's what women with gorgeous hair do every day:

1. They wake up at sunrise and spend some "me" time each morning to start their day in a refreshing mode, not a rush mode.
2. They meditate, even if it's just for 10 minutes daily.
3. They exercise for atleast 20-30 minutes daily to improve blood and oxygen circulation throughout their body, including follicles.

4. They love their hair and handle them like they would a baby.
5. They are finicky about the use of hair products. Only the carefully chosen ones will do for their hair.
6. They eat healthy every day, but, of course, sink their teeth into a big piece of cake once in a while!
7. They consult hair experts and nutritionists the minute they find something wrong with their hair.
8. They do not hold grudges and smile even at the littlest things. This makes them beautiful!
9. They celebrate life every now and then. This reduces stress and makes life livelier.
10. They follow the simple hair care ritual – cleanse, condition, and style.

So, all you wonderful women out there...



Are you ready to embark on the beautiful journey of healthy hair, mind, body, and spirit? The time is now!