

Stress and Hair Loss

There are a variety of reasons for hair loss. Some hair loss relates to genetics or to aging. However, one of the largest factors that may be tied to hair loss is stress. If you are experiencing unexplained hair loss, you may want to consider stress-related factors. Stress affects a variety of aspects of your life, including hair loss. If you determine stress is causing your hair loss, you will know if you need to make changes in your lifestyle in order to relieve your stress and put an end to the hair loss.

Stress

can be caused by external environmental factors, or it may be related to internal factors, like depression, grief or resistance to change. If you suffer continuous, unresolved stress, it will begin to affect your body's ability to react. Hair loss will often follow in reaction to the way in which stress is beginning to change your body's hormonal balance. When stress takes place in your body, it causes a change in your hormones, as well as the balance of your body. An excessive amount of one hormone may be produced in order for the body to try regain balance. These excess hormones may travel to the scalp area and begin causing hair loss. Typically, such hair loss will be noticeable after two to four months. You will be able to identify your hair loss by hair thinning, bald spots or more hair than normal falling out.

If you have stress-related hair

loss, there are a variety of tactics that you can use in order to stop it quickly. Eventually, your hair will be capable of growing back. Stress-related hair loss is not normally permanent. When you eradicate the stress, your body will rectify its hormonal imbalance and produce particular necessary nutrients. Making sure that you get the correct assistance will ensure that your hair is not lost forever and can begin growing back as soon as possible.

One of the easiest ways to treat

stress-induced hair loss is to make sure that you know a variety of ways to relax and calm yourself. Meditation techniques can be used to free oneself from daily problems and is effective at helping to reduce stress levels. You can also change unhealthy dietary habits and begin exercising regularly. If the problems are of a more external nature or are related to a life-changing situation, there are a variety of places to go to get help in working through the problem. In time, your body will regain balance and your hair will begin to grow back.

If you are suffering from hair

loss, it is important to determine why it is happening. Stress does cause hair loss. If you are suffering stress as a result of something that has happened to you, you should make sure to find how to take care of your needs. Your hair is an expression of your body balance and what you are feeling. If it is thinning or falling out, it may be caused by stress and can be remedied with change of lifestyle and getting adequate help.