

Acne



Teens Can Dream

Acne

Copyright © 2014 by TeensCanDream, LLC

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means without written permission of the author.

Published by:

Teens Can Dream, LLC
1405 S. Bascom Avenue
San Jose, CA 95128

Teens Can Dream

Teens Can Dream is a company dedicated in helping teens, preteens and young adults gain inspiration and knowledge on how to navigate through this stressful, fast moving world. With short stories, audios, positive affirmations and books on multiple topics, as well as chat rooms and Q&A, we are confident there is something for everyone. Visit our site at:

teenscandream.com

to see if we can help YOU
unlock your true potential.

Acne



The following article is designed to help you minimize your acne outbreaks.



Science tells us acne is somewhat of a “right of passage” for teenagers. It’s as if most teens, almost 80%, are cursed with the hormonal changes within their bodies that are causing the acne. Although sometimes it’s comforting knowing you’re not the only one suffering, I would venture to say no teen, or anyone for that matter, wants anything to do with it. If you research “acne,” you’ll find that science has many different names and subcategories for it. But, for the purpose of this story, I won’t go into those details. What I’ll focus on is trying to get you in a better place so you can minimize the break-outs.

If you’re looking for the answer to “Why do I have acne?” I can’t give you that answer. We’ll have to leave that to the scientists of the world. But, keep reading because my hope is that by learning some of the techniques in this story, you’ll be able to minimize the breakouts of acne during stressful periods in your life.

It seems one thing that science does agree on is that many teens tend to have break-outs during the more

Teens Can Dream

stressful periods their lives. I think most teens reading this will agree that just being a teen is stressful. Some—of course—have it worse than others when it comes to how much stress they have to endure and how often. In the event you feel you have a wonderful life and don't seem to have any stress, let's take a look at the following list of events in which there is most likely something that will relate to your life.

Was the transition into high school from middle school stressful? How about the situation of liking the same person as your best friend? Or, maybe it's because you're dealing with a learning disorder? How about the thought of taking the SAT or ACT exams? Nothing for you yet? Okay, what about arguments in the household, the potential divorce of your parents, or the actual divorce taking place? Maybe you're a minority at your school and you're getting bullied? Do a lot of the kids' families at your school have more money than your family? Do you wonder how you're going to pay for college or even get into a college? What about relationships? Are you in one that's stressful and you want to get out, but don't know how? Or, maybe the relationship is not great, but you're thinking it's better than having no one in your life? I won't go one forever, although I probably could; my point is that everyone

Aene

has some sort of stress that affects them, whether they realize it or not.

The problem most of us have is that we take life way too seriously. Somehow we think that by failing a certain test, we are doomed for the foreseeable future. Or, if we don't get a high enough score on our SAT's, we won't get into the college we've been dreaming about and our life will be ruined. God forbid that we get dumped by the person of our dreams and life will never be the same again. Well, you're right about the part that your life won't be the same, but it certainly isn't over; in fact, it's just beginning. Believe me, teens, as well as adults, are very good at creating this drama within their own heads. The key is to retrain ourselves to catch this sort of drama and stop it, or at least minimize it by focusing our thoughts in one direction.

The most important thing you can do for yourself is just stop! Disconnect from the world for a moment. Yes, that means unplug from your cell phone, computer, TV, and radio--everything and anything that creates noise. Trust me, no one is going anywhere without you, and your world is not going to suddenly end. Listen to what's going on in your head. Because you've been conditioned to have all of this electronic stimulus in front of you, I bet you can't stop all the

Teens Can Dream

chatter in your head. Unfortunately, that's where the problem resides. The good news is that as you continue to read below, I'm going to show you how to quiet things down and focus your thoughts in one direction.

After disconnecting, you want to ask yourself some questions. "Am I really going to die because I failed the exam?" "Is my life really over because we broke up?" "Is not making the team really going to change the course of my life when I'm an adult?" "Do I really have to keep my phone attached to my body so I can immediately respond to anyone and everyone?" As you ask yourself these types of questions, and truly listen for the answers within your heart, the answers will surely come. That's one thing I can guarantee you. But, you have to be quiet enough to listen for the answers and be true to yourself at the same time.

I want to circle back to let you know that stress is normal with virtually everyone. What is also normal, unfortunately, is not knowing how to deal with it; therefore, stress can and does create adverse effects on our bodies. Lisa A. Garner, MD, FAAD, a clinical professor of dermatology at the University of Texas Southwestern Medical Center said, "When you already have acne and you get into a stressful situation, that seems to be when your acne really flares up." In 2003, a Stanford University study published

Acne

in the *Archives of Dermatology* found that college students had acne flare-ups during exams, a period in which they reported more stress, compared to periods without testing. Acne severity correlated highly with increasing stress, the researchers concluded. What is also very important to realize is science has known for a long time that stress causes high blood pressure, leading to heart attacks and cancer of many types. I realize most of you reading this are young now and in great shape, but if you don't learn the techniques I'm describing in this story, you're going to increase your health risks as you get older.

Now that you know stress can have an impact on your body and create acne breakouts, the key is learning how to minimize this stress. Yes, I realize taking the SAT's and ACT's are important and therefore can create stress and yes, I realize that having a bad-breakout of acne the day before the prom, or any date for that matter, can be very stressful. But, think about this. If you know that stress can cause acne breakouts, then you should also know that stressing about the break-outs themselves would only lead to more break-outs. In essence, what I'm saying, is that you have a good chance of creating the breakouts just because you fear having a breakout. To minimize confusion here, I want you to be very aware of the thoughts you

Teens Can Dream

have and the feelings you have associated with those thoughts. As many great thinkers of years past have told us, “thoughts become things.” That means that everything we put our intense focus upon--and have strong feelings towards--does and will materialize in our physical world. For example, when someone has an idea for an invention and focuses intensely on this idea without wavering, this invention ends up on the shelves of our stores. My point is that the same thing happens with your acne. By focusing on hating acne and having strong feelings of frustration because of the acne, what do you think your body is doing? You guessed it! It’s creating more acne.

Let’s go back to an event like the upcoming prom. What most teens think, and even talk to other friends about, is “I hope I don’t have a big zit on my face the day of the prom. My date (or potential date) will not want anything to do with me if I look like that. No one will want to go with me with zits on my face.” At this point, you start to generate feelings of fear within you, and you pray that you’ll have clear skin for the dance. Unfortunately, the mind doesn’t fully comprehend the entire story you’re telling yourself. All it hears is the word “acne,” and guess what? Like the Genie in a bottle, your mind says, “Your wish is my command.” “If it’s acne you want, then it shall be done.” At this

Acne

point, you're probably understanding that you've been sabotaging yourself without even knowing it. Don't sweat it. The past is the past and the good news is there is an exercise to reverse this. Think of fear as an acronym. F.E.A.R. = False Evidence Appearing Real. FEAR is what paralyzes people from their own personal goals. It keeps them from moving forward. It holds them steady in a world that keeps moving. They are not enjoying life right now, and for what? Who's going to say anything negative? No one, that's who! Who is going to talk badly about you because you have acne? No one! Anytime you have these types of thoughts, remember "False Evidence Appearing Real." This is your ego playing mind tricks with you. Your mind is racing trying to keep you in a state of panic and chaos. The fact is that no one is talking about you. There might be an exception to the rule, but if this happens, blow it off because they weren't your friends anyway.

This is your life. This isn't just some time you have to burn because you have an endless supply of time. No, this is your life and you should treat it as if there is nothing more important to work on. In doing so, you want to be very aware, very present in the moment, and keep your eyes wide open. When you do this, your mind doesn't wander off and play tricks

Teens Can Dream

on you. As you learn more about this, you'll learn to be grateful for the things you like instead of feeling stressful about the things you don't. What helps is to think about all the good things you have. Do you have two arms, two hands, two legs and two feet? What about two ears and two eyes? I bet the blind and the deaf would gladly switch places with you and take your acne if you would take their blindness or deafness. I would also guess that those with no legs would love to switch places with you. I wonder if those kids in the children's hospitals with leukemia or heart conditions would change places with you in a blink of an eye? I'm not trying to make light of your acne condition, because I realize it's not fun, and I too had acne as a teenager, so I know all too well how stressful it can be. But, because of what I've told you in the previous paragraphs, you need to change your thought processes and be grateful for the good things you do have. This keeps your thoughts focused in one direction and minimizes the day-to-day stress in your life, which will hopefully lead to clearer skin.

Don't fall into the trap of not being happy because of your acne. You create your own happiness with your thoughts. Enjoy the now, the present. Everything happens for a reason. If you allow your mood to change because of your internal stress of having acne, you're

Aene

going to create stress with the people around you, such as your friends and family. Since most likely you're not going to tell anyone why you are stressed, many of these people won't understand why you're acting the way you're acting, and they're going to avoid you, which will then only add another layer of stress. Now you're probably wondering why they don't want to be around you. As I stated in the previous paragraph, stay focused and be thankful for all the good things you do have. This will create a path of attracting more good things toward you and help prevent the compounding effects of adding more stress.

When your mind starts running wild and playing tricks on you, there is an exercise I use that helps bring me back to the now, the present. It's going into a mode of "thank you's." Look around and start saying thank you for everything you see. If you're in your room, look around and say, "thank you for my bed, my sheets and my pillow. Thank you for my clock; thank you for my pictures; thank you for my desk; thank you for the bathroom and the kitchen; thank you for the TV; thank you for my family; thank you for my friends; thank you for my perfect skin; thank you for giving me this life; thank you for showing me how to create my own destiny; I love being in control of my

Teens Can Dream

life. Thank you, thank you, thank you.” Again, the goal is to focus your thoughts in one direction.

Going into a mode of “thank you’s” does two things. But, first you must understand that when your mind starts wandering and playing tricks on you, and it will, especially during emotional times in your life, you are not in control of your thoughts. Ego has taken over and is creating chaos in your mind. Ego loves to do this. You need to catch this and say, “Oh, no you don’t. You don’t control me or my thoughts. I’m in control of my thoughts.” Then start your “thank you’s.” First, this puts you in control of your conscious thoughts because you are now steering your thoughts in one direction. Second, you are giving thanks for much of the things you have most likely taken for granted, and since like attracts like, you will begin to attract more pleasant things in your life instead of doing the opposite by allowing ego to control your thoughts.

I’m going to end this with an affirmation. An affirmation is somewhat like a prayer, but you are “affirming” that what you want is actually already in your possession. It ties into the “thank you’s” I mentioned above. You should say your affirmation multiple times a day: first thing in the morning, a couple times during the day, and then especially at night while lying in bed, just before falling asleep. This is the last

Aene

thing you want to be thinking about prior to falling asleep. The logic behind this is that the subconscious goes into hyper speed while you're asleep. Because you won't have any conscious thoughts rattling around in your head, this enables the subconscious to begin the creating process from your last thoughts prior to sleep.

Affirmation

Thank you, God, for my perfect body. Thank you for my wonderful home. Thank you for my family. Thank you for giving me the tools to learn about controlling my thoughts. I love being in control of my own destiny. It is incredible to live in this wonderful body. I love the look and feel of my perfect skin. It's amazing to know my skin cells regenerate every single day to create healthy, beautiful skin. I love seeing photos of myself with incredible complexion. I am so thankful that you have given me the perfection of my body. Thank you for the gift of knowledge and giving me the use of my imagination. I love knowing that life gets better and better as I learn to control my conscious thoughts. Thank you, thank you, thank you.

This affirmation is much shorter than what I use. But, it's a start and you can add things as you

Teens Can Dream

get it memorized. I've used certain words on purpose because some of the words such as "feel," "love," "wonderful," and "exciting" are words that generate feelings. When you say affirmations, you want to say them with feeling. If all one does is repeat the words, it won't work. You have to instill a sense of strong feelings with a belief of already having that which you desire. In addition, the way God created this world was to reward those who are grateful for anything and everything they have right now, and conversely he does not reward those who are negative and complain. As I explained earlier, like thoughts attract like things. Therefore, the grateful person attracts more happiness in his life, and the ingrate or the complainer will constantly attract misery in his life.

Note from the author: Please understand that this is a very short condensed story on how to change your thinking habits and improve your life. To get a deeper understanding on how to make your life better, I would suggest listening to many of the other short stories we have and reading my book, Thinking In One Direction, as well as constantly looking at our site, www.teenscandream.com. The more you do this research and these exercises, and the deeper you learn, the faster and more permanent the changes can occur. When it comes to the mind, this thinking stuff will work according to **your** level of belief. It's your life so treat it as if there is nothing more important than making it better. Not only will you be happier, but everyone you touch throughout your life will be better for knowing you.

Confidential:

Copyright owned by TeensCanDream, LLC