

A weekly resource
for your well-being

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A TIP FOR TENNESSEANS

May 30, 2017

Six Ways to Protect Your Skin.

Your skin is pretty amazing. Look at it closely for a minute. There are no seams. There are many different textures and tones to it. And it's working hard to keep you safe and healthy without you having to think about it. Time to protect it right back from damage and disease with good daily care that can keep it healthier for a lifetime. Try these six skin-saving tips from medical experts:^{1,2}

- **Clean** skin with mild soap to prevent it from getting too dry.
- **Moisturize** your body from face to feet to keep skin well-hydrated.
- **Eat a healthy diet**, especially foods that feed your skin, like lean protein, fruits, vegetables, and [healthy fats](#).
- **Stop smoking (or don't start)** to lower your risk of oral cancers and for smoother, brighter skin.
- **Sleep** so your body can repair skin cells while you rest.
- **Relax** and allow your skin to de-stress, which can help prevent breakouts and other bothersome reactions.

Don't ignore skin injuries.

Wounded skin—from burns to bruises and bug bites—can usually be self-treated if they're minor. But it's important to know when you might need medical care. If you have an issue with your skin or a skin injury, be sure to talk to your doctor about it and follow his/her advice.



Keep your health on track.

Sign in to [Well-Being Connect](#) and search for recipes with healthy fats like avocados and nuts that help support skin health.



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Sources:

- ¹H1 "Skin Care: 5 Tips for Healthy Skin." Mayo Clinic, 16 December 2014. Web. 07 May 2017. |
²"How to create an anti-aging skin care plan." American Academy of Dermatology, Web. 07 May 2017. | "Dietary Fats Explained." MedlinePlus, 22 April 2016. Web. 07 May 2017. | "How Should I Take Care of a Skin Wound?" ShareCare, Web. 07 May 2017

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