RAISING THE SPIRITS OF PEOPLE WHO ARE SUFFERING FROM TRICHOTILLOMANIA

by:
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"A lady's hair is her crowning glory."

- Jeanette Walls

People say that everyone has a crown that we never take off – and that is our hair. The desirable quality and characteristics of a person are believed to be concentrated in it. Your entire look would mean nothing if you have a bad hair day and that is mainly the reason why everyone makes sure to fix their hair first before stepping out of the house. People would spend a lot of money just to achieve the look that they want and show the world the gorgeous hair that they have except for people with Trichotillomania because, for them, it is unachievable.

According to National Organization for Rare Disorders (NORD), Trichotillomania, also known as the hair-pulling disorder is characterized by an overwhelming urge to repeatedly pull out one's hair, which results in repetitive hair pulling and subsequent hair loss. The hair on the scalp is most often affected but there are also instances when the eyebrows, eyelashes, and beard are concerned. The urge to pull is usually caused by stress and anxiety and may also be minor and controllable but for some, it can become serious and lifelong. It is not easy to live with this disorder because of the bullying and judgment from other people while also battling the emotional effects of the disorder. Going into salons bring fear and uneasiness to them because of the uncommon appearance of their scalp. It is also difficult to achieve different hairstyles because of the presence of bald spots that are due to excessive hair-pulling. Here are some thoughts to somehow raise the spirits of people who, like me, have this rare disorder.
1. Discover something you admire about yourself every day.

Having Trichotillomania challenges one's confidence and view about life. You may feel stressed and anxious but always remember to not be too hard on yourself. You are special and you must know that the world needs your existence. If you know your worth, it will be enough for you to keep going and that's what matters the most.

2. Your emotions are valid.

It is okay to feel and embrace the pain. When people are giving you reasons to give up, show them that you are much more than what is challenging you. Stand strong and prove to them that you are capable of overcoming the hurdles that are being thrown at you.

3. You are loved.

Having bald spots and plucked eyebrows and eyelashes does not mean that you are unattractive. Once you learn how to appreciate your beauty and uniqueness, others' opinions won't get to you anymore. You should not let this disorder affect your confidence because you are enough. People love and accept you for who you are and are willing to support you to take control of this condition.

You never know what someone is battling with so it is nice to always be considerate and kind.

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