

1 Small things can have a big impact.

When you're in a flare, there are a few things you can do to make your days more comfortable. Try applying warm compresses or ice packs, wearing loose-fitting clothes or choosing baths over showers. You can even try adding Epsom salt and/or aromatherapy while you bathe. If what you eat aggravates your HS, consider tracking or modifying your diet to lessen flares. There isn't a one-size-fits-all way to practice self-care.

2 Remember: HS is not your fault.

We recognize there can be stigma attached to the condition, so it's valid and understandable if the physical aspects of HS affect your mental health. In case you needed to hear this today: Go easy on yourself — you did nothing wrong. HS is not your fault.

3 If you need support, please know help is out there.

You don't have to go through this alone. If you're feeling lonely, scared or suicidal, there is hope. You can reach the Crisis Text Line 24/7 by texting "START" to 741-741. Or you can call the National Suicide Prevention Lifeline 24/7 at 1-800-273-8255. To find local or international resources, visit TWLOHA.com/find-help.



The Mighty is a safe, supportive community for people facing health challenges as well as the people who care for them. Connect with others who understand what you're going through on themighty.com or by downloading **The Mighty app**.