

# Coping with Hair Loss Framework: 10 Steps to Move on with Your Life

*This is an extra resource to go along with the original article:*  
[Why Losing Hair is Such a Big Deal for Men](#)

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Follow these ten steps to beat the depression, anxiety, and insecurity that comes from hair loss.

## **1. Start a treatment program**

Hair loss treatment programs work better if you start sooner. By the time you notice your hair loss, you've already lost 50% of your hair in that area. Starting a treatment will prevent more hair loss and regrow some to help put off the inevitable. [Start a treatment plan today.](#)

## **2. Hit the gym**

Countless scientific research shows the link between exercise and happiness. Health will make you feel better about yourself and look better to other people. You don't need to turn yourself into a hulking bodybuilder, but you should lose any unnecessary weight and tone your muscles.

## **3. Adopt a flattering hairstyle**

It's possible to use length to hide thin spots, but only in the beginning. There's a critical point where length stops hiding hair loss and starts acknowledging it. Don't be the sad guy with a comb over that people can't ignore. Once the balding becomes unavoidable, trim it short or shave it off. A lot of guys feel refreshing relief and a semblance of control once they shave.

## **4. Improve your diet**

A better diet won't reverse your hair loss (which is usually caused by genetic factors), but it can improve the overall health of your follicles and hair shafts, which can delay more hair loss. Choose a diet low in saturated fat and high in leafy vegetables and protein.

## **5. Be open about it, but don't harp on it**

When your balding becomes noticeable, it can be helpful to be the first person to mention your hair loss. This is a great way to diffuse tension and signal to others that you're okay with the situation (even if you still aren't entirely comfortable with it). [Try one of these hair loss jokes.](#) Just don't harp on it *too much* or people will see through your confidence.

## **6. Grow some stubble/beard or wear glasses**

When you lose your hairline, you lose your face's "frame." You can recreate this effect and draw people's eyes away from your forehead by wearing glasses or [growing some type of beard.](#) Avoid long bushy beards, as these can enhance the lopsided effect. Opt for a goatee or stubble.

## **7. Talk to your partner or family**

It's tempting to keep your hair loss and feelings to yourself. But here's a secret: Your partner *already knows*. Your family and friends probably know too, so there's no reason to suffer silently. Talk to your loved ones about your feelings and concerns. You probably know most people don't care about your baldness, but you'll find it relieving to hear them say it.

## **8. Find meaning beyond your appearance**

Your value as a human being extends far beyond your appearance. Instead of adding value to the world through your looks, focus on your relationships, career, and hobbies. People are attracted to other capable and interesting people. Make yourself a well-rounded person and the world will reward you.

## **9. Learn to accept it**

It's cliché to "learn to love yourself," but that's an important part of accepting your hair loss. If treatments don't work for you, or your hair loss is too advanced, there's a point where you have to tell yourself "This is me now. I have to be happy with this or be miserable the rest of my life."

## **10. Talk to a professional**

If you can't shake the feelings of anxiety, depression, and isolation, it's important to talk to a mental healthcare professional. Speak to a therapist who specializes in men's issues. Be completely honest with this person about your feelings and behaviors. Most importantly, follow their advice.