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Happiness Is...
No
Breakouts

"I'm seeing more patients with skin troubles since the economy went haywire," says Dr. Bank. Make blemishes recede with acne fighters that have salicylic acid; try Clearasil Ultra Pimple Blocker Pen (\$10, at drugstores). To keep stress-related hormonal surges under control, the Pill is still derms' go-to fix. A lesser-known option: a prescription diuretic called Aldactone, which makes oil glands less productive and may be taken the week before your period. Laser treatments can kill acne-causing bacteria, but you'll need a few sessions at \$500 or so a pop. **Totally free tip:** Take mini breaks during the day to walk or chat with friends. Calming activities trigger your brain to quit producing cortisol, a pimple culprit. Most happy-making of all? Don't stress over "imperfections" only you can see—it'll do your skin good!