SNEEZY & THE BRAIN

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Spring is here and so is the peak of allergy season. Everything is blooming and even though the warm weather is calling your name to go outside, your body's histamines have got you blowing your nose, sneezing, and itching all over. This can really dampen your mood, especially for some industrial athletes who are working indoors all week and want to have some fun in the sun. Last month we spoke about the benefits of spending time outdoors, but allergies may dissuade you from them especially if they make you feel crummy.

REVIEW YOUR [ALLERGY] HAZARDS

Allergies are an immune response and trigger the release of cortisol, the stress hormone, when the body encounters something it sees as harmful. As we've learned to stay away from a flame because it can burn and hurt you, it makes sense we would avoid our allergens.

DO ALLERGIES AFFECT MENTAL HEALTH?

The answer is **yes**, most likely! Studies show a link between those with allergies and a higher occurrence of being diagnosed with a mental disorder (such as depression, eating disorders, and anxiety). Doctors recommend those with diagnosed anxiety and known allergies to not ignore their allergy symptoms.

OTHER WAYS TO REDUCE ALLERGY SYMPTOMS:

- Take a shower every night before bed and/or after spending time outside to remove pollen.
- Wash bed sheets regularly.
- Go outside later. Pollen counts are usually highest early in the morning.
- Close doors and windows at night.
- Do saline nasal rinses.
- Keep the air indoors dry and clean. Use a dehumidifier and air filters.

WANT TO READ MORE? SCAN THE QR!