

The Allergy & Asthma Clinic

www.TheAllergyClinic.com

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CAN STRESS AGGRAVATE ALLERGIC CONDITIONS?

Although the holidays bring us joy, they can be a stressful time of the year for many. Stress is something we all go through and is our body's response to situations, inside and out, which can interfere with our normal day to day "balance". When we are under stress, virtually all of the body's systems, including the digestive, cardiovascular, immune, and nervous system are affected. Our body releases hormones and other chemicals, including histamine, a compound which is released by cells in allergic and inflammatory reactions.

While stress does not actually cause allergies, it can aggravate an allergic condition by increasing the histamine in your bloodstream. Some specialists have cited that stress and allergies go hand in hand, as poorly controlled allergies can cause a myriad of symptoms, which can affect sleep, leading to fatigue.

If allergy symptoms are persistent, our body's natural resistance is likely worn out, further aggravating stress. Other specialists add that that allergies can actually cause stress because of the inability to focus on tasks, leading to decreased coping mechanisms.

Everyone deals with stress differently, and the way you respond to stress can make a big difference to your overall well-being. Here are a few tips to consider:

- Stay active. Physical activity can release endorphins and other natural neural chemicals that boost our sense of well-being. Exercise also can refocus our mind. For centuries, yoga has been known to be a great form of exercise, while helping to relieve stress.
- Eat a well-balanced diet. Avoid highly processed foods or foods with a lot of preservatives.
- Avoid unhealthy habits such as drinking and smoking. Get enough sleep whenever you can.
- Meditate. Focus your attention and quiet the mind. Meditation can give you a sense of calm, peace and balance that can help both your emotional well-being and your overall health. While meditating, incorporate breathing exercises, which can also help those who have lower respiratory conditions such as asthma.
- Stay connected with friends and family, rather than isolate yourself. Being with other people can offer distraction and they can listen and give you support.

REMINDER: Please let us know if there are any changes to your insurance. It is important that we have your updated information so that our staff can help guide you through any changes and help minimize any disruptions to your care. Thank you for being a part of our allergy family.

Holiday Hours

San Mateo

Closed – Tues, 12/24 and Wed 12/25/24

Closed – Tues, 12/31 and Wed 01/01/25

Daly City

Closed – Tues, 12/24 and Wed 12/25/24

Closed – Tues, 12/31 and Wed 01/01/25

Open – Thur, 12/26 and Fri 12/27/24 9:00a-5:30p

Open – Thur, 01/02 and Fri 01/03/25 9:00a-5:30p