

# February 2026 Wellness Tip

## Managing Spring Allergies

Spring in Austin is beautiful but challenging for many due to high pollen levels. Allergies can affect not only breathing and energy, but also sleep, focus, and mood. A balanced approach that supports both body and mind can make a meaningful difference.

### Physical Support

- **Rinse nasal passages** with saline ([Neti Pot](#) or squeeze bottle) after outdoor exposure. *Use distilled or previously boiled water.*
- **Improve indoor air quality** with a [HEPA purifier](#) in the bedroom and clean HVAC filters.
- **Limit pollen exposure** by wearing a mask on high pollen days and showering after extended time outside.
- **Consult a healthcare provider** if symptoms are persistent. Medications or allergy shots may help.

### Mental and Lifestyle Support

- **Prioritize sleep** and manage congestion before bedtime.
- **Lower stress**, as stress can worsen inflammatory responses. Journaling, light stretching, or brief breathing exercises can help.
- **Adjust expectations** during peak allergy weeks. Fatigue and reduced focus are common.

You can monitor local pollen levels here: <https://www.kxan.com/weather/allergy-forecast-austin-texas/>

Small preventive steps early in the season can significantly improve comfort and productivity. Wishing everyone a healthy start to spring.