

# Lessen the Impact of Migraine

Managing stress can help you have fewer migraines. There are two ways to manage stress. The first is to cut down on the number of things that give you stress. The second is to learn to reduce the effects of stress on your body.

## Limit the Causes of Stress

### Make a List

Make a list of the things in your life that make you feel stressed. They may be things at work or things at home.

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### Decide What You Can Control

Find one or two things on your list that you can control or change.

### Control the Ones You Can

Write down *ways to manage* the listed things that you can control.

1. 

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2. 

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*Think about...*

- Changing how you react to stress
- Learning to say no
- Cutting things out of your schedule

### Ask For Help If You Need It

## Reduce the Effects of Stress

### Maintain Regular Sleep Patterns

It is important that you get the same amount of sleep every night, even on the weekend.

### Practice Relaxation Exercises

Exercise and relaxation can help you.

- Deep breathing
- Muscle relaxation
- Think of a quiet walk or soft music

Books and tapes that teach relaxation exercises are available at most book stores.

### Consider Biofeedback

Things like blood flow and muscle tension contribute to migraine. Normally, these are things you can't control.

Biofeedback is special training that teaches you how to control them. Ask your doctor for more information.

