



How To Manage Stress With Frequent Migraine

Stress plays an undeniable role in our health. Life is stressful enough but when you add unpredictable and frequent migraine attacks it can quickly escalate out of control. For severe stress causing frequent anxiety attacks or depression please seek professional help. There are pain therapists and psychologists who specialize in people with chronic pain.

If you're noticing stress more and more, address it early and proactively with these helpful tips:

- 1. Recognize Internal And External Stress** Internal stress can come from chronic worry, pessimism, negative self-talk, rigid thinking, all or nothing attitude, unrealistic expectations or perfectionism. External causes of stress are often major life changes, being too busy, financial hardship, relationships, work or school and health issues like migraine.
- 2. Choose Your Response To Stress** We can choose how we respond to stress by taking charge of our thoughts, emotions, schedule, environment and the way we deal with issues.
- 3. Use The Principles Of Effective Stress Management:**
 - a) Avoid Unnecessary Stress.** Some stress is unavoidable but it's important we know how to say "no" in our personal and professional life. Reduce your to do list, understand what's compulsory versus "nice to do".
 - b) Alter Your Situation.** If you can't change your stressful situation, can you change anything to prevent it again? Express your feelings rather than bottling them. Compromise. Be more assertive and deal with problems head on. Anticipate and prevent proactively. Manage your time.
 - c) Adapt To The Stressor.** Change yourself to better handle and adapt to stressful situations. Realign your expectations and attitude. Reframe the problem from a more positive perspective. See the opportunity for growth. Look at the big picture, how important will this be in one month or one year from now? Be okay with good enough. Practice gratitude and take stock of all the things you appreciate in life. Be mindful of negative self talk. Avoid self-defeating thoughts and vocabulary such as "always", "never" "should" and "must".
 - d) Accept What You Can't Change** Some things cannot be prevented. Serious illness, the death of a loved one, economic recession. Don't try to control the uncontrollable such as the behavior of others. Share your feelings with a trusted friend or therapist. Learn to forgive.
- 4. Become More Resilient** by adopting a healthy lifestyle, eating well, getting regular exercise, having a good sleep routine and by avoiding alcohol, cigarettes, caffeine, and sugar.
- 5. Make Time For Fun And Relaxation.** Connect with others, take care of yourself and do something you enjoy regularly.

This guide is for informational use only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional for a medical condition.