

# MIGRAINES



## MOST COMMON MIGRAINE TRIGGERS

- Emotional stress
- Not eating
- Sleep disturbances
- Obesity
- Some foods such as: wine, aspartame, and monosodium glutamate (MSG)
- Certain medications such as nitrates (used for chest pain)
- Unmodifiable triggers like menstruation, weather changes, neck pain, certain odors, visual stimuli

## WHAT CAN WORSEN MIGRAINES?

Rapid head movements like sneezing or turning your head quickly, bright lights, loud sounds, straining at stool, and physical exertion can all worsen migraines.

## HOW DO I COPE WITH MY MIGRAINE TRIGGERS?

As most triggers cannot be completely avoided, coping with known triggers is an important strategy in migraine relief. A staggering 80% of people with migraines say emotional stress is a trigger, but no one is immune to it. Check these tips out for how to manage your stress:



Meditate for  
15 Minutes



Take a Break &  
Breathe Deeply



Laugh out  
Loud



Listen to  
Music



Get Moving



Keep a  
Journal

57% of people with migraines list not eating regularly as a migraine trigger. Here are some tips to remember when thinking about your diet:



Keep Consistent  
Meal Times



Take Your  
Lunch to Work



Carry Healthy  
Snacks

50% of people with migraines say sleep disturbances or lack of sleep triggers their migraines. Here are some strategies to get a good night's sleep:



Put away Tech  
Before Bed



Stick to a  
Sleep Schedule



Relax Before  
Bed



Make Your  
Bedroom Comfy



Avoid Alcohol,  
Nicotine & Caffeine



Talk to a  
Pharmacist

## I DON'T WANT TO TAKE A MEDICINE, WHAT CAN I DO INSTEAD?

- Relaxation training
- Cognitive behavioral therapy
- Physical therapy can be helpful for patients who have muscle tension leading up to a migraine
- There is no good data to recommend hypnosis, acupuncture, transcutaneous electrical nerve stimulation (TENS), or chiropractic or osteopathic care

HAVE ANY QUESTIONS? CONTACT THE TRIA HEALTH HELP DESK 1.888.799.8742