

SELF-MANAGEMENT RECOMMENDATIONS: USING THE SEEDS APPROACH.



Sleep

People with migraine are more sensitive to poor or changing sleep patterns and sleep disruption. Therapeutic coping techniques can help with sleep.

Exercise/Movement

Any movement is good movement. It's not easy to exercise when attacks disrupt your normal routine, but adaptations and persistence will pay off. Get professional help if possible.

Eat

There is no one size fits all approach to diet. It is important to enjoy food and maintain blood-sugar levels. Don't skip meals, reduce sugar and processed foods, increase protein and fibre, and keep hydrated.

Diary

Use a headache diary to track migraine frequency/severity, acute medication use/results, medication overuse, symptoms, and more! This will help your healthcare provider prescribe a treatment plan for your migraine.

Stress

Self-care is a great practice to put in place. This could be resting, mindfulness practices, breathing exercises, meditation, and many other relaxing activities. There is a world of resources to explore!

Visit our website for more detailed information on these recommendations and additional resources:

Like Us @migrainecanada

