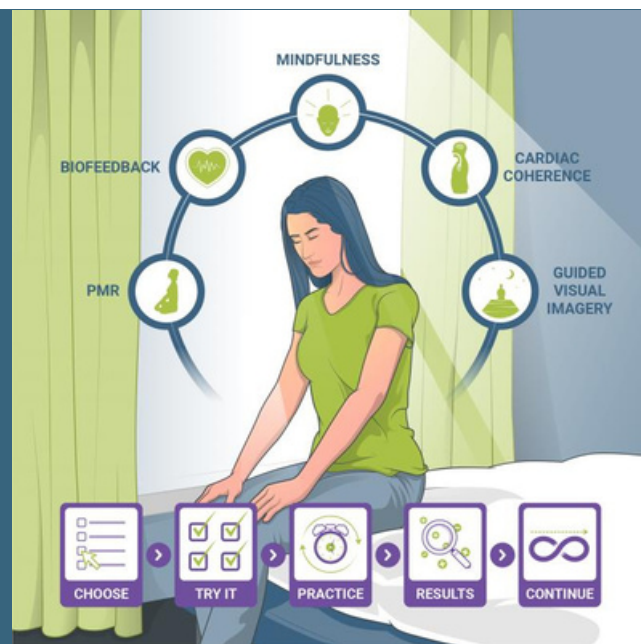


JUST TRY TO RELAX...

HOW TO FIND YOUR WAY TO A QUIET PLACE

IT IS A PATH OF MANY STEPS

Every doctor I see, everyone around me, tells me to relax and manage my stress. Easier said than done! Life is difficult when migraine hits. Cancelling plans, feeling guilty, sad, frustrated... I go from that to a long to-do-list to catch up on what I missed and did not do. So... meditation, really? I've tried a few times...but I never really stuck to it.



Relaxation, meditation, breathing exercises... They are all powerful brain stabilizers! The key is to practice them on a regular basis

Many options are available: try until you find the one you prefer. Many resources are available online.

Class of meds	What it is
Cardiac Coherence	Using the breath to bring the body to a more relaxed state. A simple approach, ideal for beginners.
Mindfulness Based Stress Reduction MBSR	Observing thoughts and reality gently, without judgement, being present in the moment. Requires a training, so time commitment.
Progressive Muscular Relaxation (Jacobson)	Tensing then relaxing muscles in a sequence, in combination with the breath.
Visualization / guided imagery	Focusing on a peaceful place or scenario to induce a calming effect. Choose your peaceful place.
Biofeedback	Using monitoring devices, learning to relax the body and then apply in daily life.

Relaxation is like learning a musical instrument.

It takes practice, patience...and sometimes a teacher!

Principle	WHY	HOW
Monitor your practice	Observe your sessions, celebrate your successes	Choose your tool (app, paper) and stick to it.
Stick to it for a while	The brain needs time to adapt to a practice and strengthen the habit	Insert the practice in your daily routine. Don't «think about it» or negotiate. Just do it.
Get a teacher to help	We all need guidance and motivation	Consider a coach, an organized program you commit to or a psychologist.

How long should I try a practice before seeing benefits?

The brain is an organ that adapts. Stabilizing practices need to become familiar and create a safe space, a feeling of «I have felt this before and it is good». Nobody learns piano overnight. A trial for 1-2 months is usually in order. The more you do it, the easier it gets.

I am too anxious to meditate.

That is possible. Sometimes, you'll need professional help to find the right technique and get help with practice and motivation. If you have an anxiety disorder, discuss with your healthcare provider.

I just don't have the time...

Reevaluate your schedule. How much time is spent on a TV series or social media? (no blaming here, just checking 😊) Stabilizing techniques can be effective with short practices....done regularly! Start with 10 minutes a day.

