Key Lifestyle Habits & Behavioral Therapies For Living Well With Migraine

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MIGRAINE MANAGEMENT MAP

- Education & Lifestyle
- Behavioral
- Pharmacologic
- Neuromodulation
- Complementary & Integrative
LIFESTYLE & HEADACHE HYGIENE HEALTHY HABITS

- SLEEP
- EATING
- EXERCISE
- STAY HYDRATED
- STRESS MANAGEMENT
- SOCIAL SUPPORT

THESE HEALTHY HABITS...

- Help balance a hypersensitive nervous system
- May raise the threshold for migraine attacks

The Migraine Threshold

Build up of Triggers
- e.g. missed meal
- e.g. late night
- e.g. stress at work
- e.g. menstruation

Attack Triggered

Threshold raised/lowered by
- Genetic Factors
- Medication
BUT MOTIVATION CAN BE CHALLENGING...
CONSIDER THE STAGES OF CHANGE

WHAT WORKS: GOAL SETTING

SMART

Specific  Measurable  Attainable  Relevant  Time Based
**BIOBEHAVIORAL THERAPIES**

- **Cognitive Behavioral Therapy (CBT)**
- **Grade A Evidence**
- **Biofeedback**
- **Relaxation Training**

**EMERGING THERAPIES**

- **Mindfulness Based Therapies (MBCT, MBSR)**
- **Acceptance & Commitment Therapy (ACT)**
The Relaxation Response

- Core tenant of many of the empirically validated biobehavioral therapies
- Opposite of stress “fight or flight” state
- Quieting of the sympathetic nervous system
- Activation of parasympathetic nervous system
- Can be achieved through multiple methods

(Hans Selye, MD; Herbert Benson, MD)
Breathing Techniques

- During pain/ stress/ anxiety, people take very shallow breaths or hold their breath
- Simply breathing can effectively induce a relaxation response
- Diaphragmatic Breathing
- Free guided audio instruction and exercise available at dawnbuse.com
Progressive Muscle Relaxation (PMR)

- First citation in medical literature in 1938 by Edmund Jacobson, MD
- Helps the person with migraine recognize and reduce muscle tension to achieve muscle relaxation
- Improves circulation
- Free guided audio instruction and exercise available at dawnbuse.com
Guided Imagery

- A form of relaxed, focused concentration
- Instruct person to imagine a favorite place or beautiful nature image
- Produces distraction and enhances relaxation
- Audio recordings available free at: dawnbuse.com
Biofeedback

- Teaches people with migraine to alter brain activity, blood pressure, muscle tension, heart rate and other bodily functions that are not normally considered under voluntary control
- Data is “Fed Back” to the person with migraine

- Different modalities and locations for specific conditions
  - Migraine- thermal
  - Tension type headache- muscular (EMG)
  - TMD- muscular (EMG)
Cognitive Behavioral Therapy

- Seeks to identify and modify maladaptive beliefs, attitudes and behaviors
- Time-limited and problem focused
- Building or enhancing coping skills
  - Restructuring cognitive distortions
  - Altering arousal patterns
  - Modifying stimulus environment
  - Changing contingencies of reinforcement
- Maintenance of skills following termination
Happiness = \frac{Reality}{Expectation}
We can’t stop the waves from coming but we can learn how to surf

– Jon Kabat Zinn
Useful Websites for Finding Behavioral Providers

- American Psychological Association Psychologist Locator Service
  [http://locator.apa.org](http://locator.apa.org)

- CBT: Association for Behavioral and Cognitive Therapies referral database
  [www.abct.org](http://www.abct.org)

- Biofeedback: Association for Applied Psychophysiology and Biofeedback
  [http://www.aapb.org/providers.html](http://www.aapb.org/providers.html)

- All listed on dawnbuse.com under “resources”

- Relaxation Exercises available at: dawnbuse.com
New and future technology options (more accessible, more affordable)

- Smart Apps with diaries collecting data and personal information, working on prediction of attacks (N-1, Migraine Buddy, Sensor Rx)
- Biofeedback via smart phone:
  - Unison Mind (Juva Health)
  - Biotrack Health Halo
  - Nordicbraintech.com (pediatric, Norway)
- CBT online, via app, via text
- Relaxation and mindfulness apps and programs (Headspace, 10% Happier, Calm.com, dawnbuse.com)
THRIVING... NOT JUST SURVIVING WITH MIGRAINE
GET PROFESSIONAL HELP IF YOU NEED IT

- Depression
- Anxiety
- Suicidal thoughts
- PTSD
- Self Harm
- Substance abuse

To find help look under “Resources” tab on dawnbuse.com
BE KIND, GENTLE, AND PATIENT WITH YOURSELF

Talk to yourself like you would to someone you love.
ASK FOR AND ACCEPT HELP
FIND YOUR TRIBE

Another day with 2 kids home from school with a migraine. I have 3 with chronic migraines. My 13yr old son refuses to go to the ER to break the pain cycle. My heart just breaks for him, he has been in pain every day for 3 weeks. I just want to end it for him. But we have to limit their meds to 3 days a week. We have dealt with rebound before & it was horrible.

Brighid said: sorry for your kiddos, you may need to use your parental leverage and take him to the ER regardless? that's so hard thinking of your family.

Mary said: Gentle hugs for all of you. So hard when kids are sick.

Patty said: I am sorry.
ADVOCATE AND EMPOWER YOURSELF
RECLAIM YOUR IDENTITY & EMPOWER YOURSELF

I am more than a patient, more than this disease and while it is a part of my life, it does not define me as a person or dictate my life path.
THANK YOU

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