Key Lifestyle Habits & Behavioral Therapies For Living Well With Migraine

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MIGRAINE MANAGEMENT MAP

Education & Lifestyle

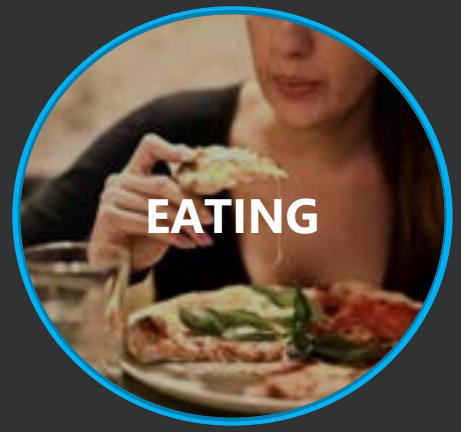
Behavioral

Pharmacologic

Neuromodulation

Complementary & Integrative

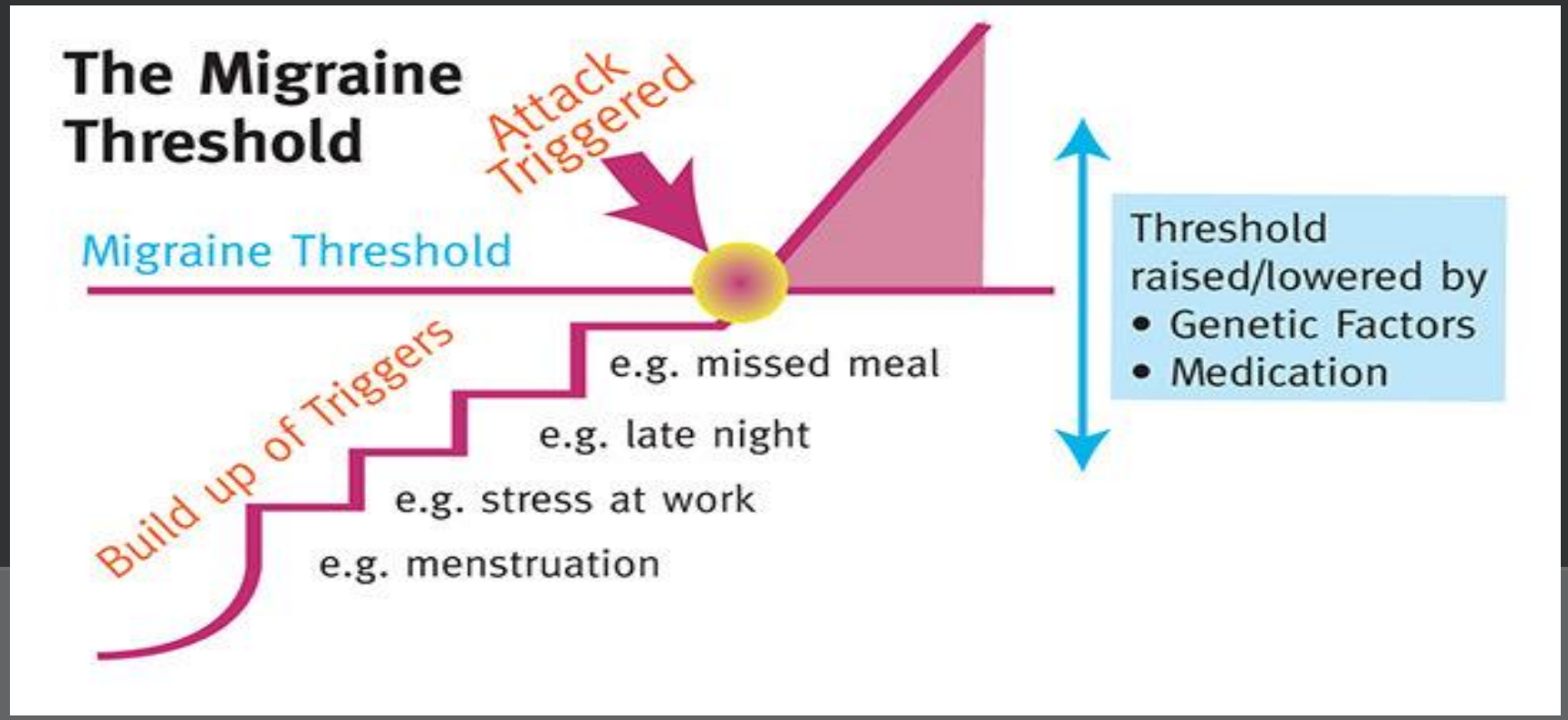
LIFESTYLE & HEADACHE HYGIENE HEALTHY HABITS



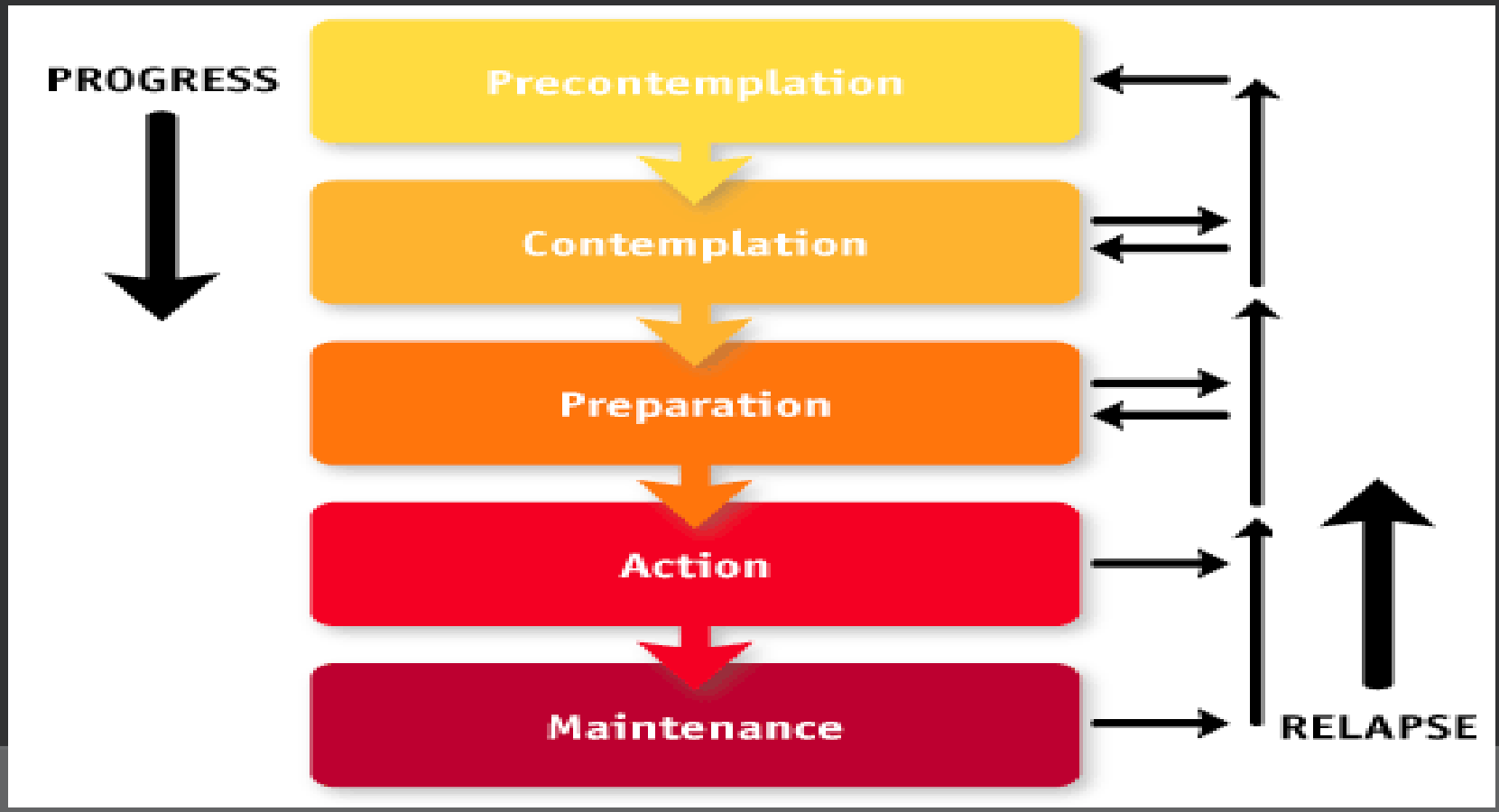
- Robblee and Starling, 2019. SEEDS for success: Lifestyle management in migraine.

THESE HEALTHY HABITS…

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



BUT MOTIVATION CAN BE CHALLENGING… CONSIDER THE STAGES OF CHANGE



Prochaska et al. *Am Psychol*. 1992;47:1102–1114.; Prochaska et al. *Health Psychol*. 1994;13;39–46.

WHAT WORKS: GOAL SETTING

BIOBEHAVIORAL THERAPIES

GRADE A EVIDENCE

EMERGING THERAPIES

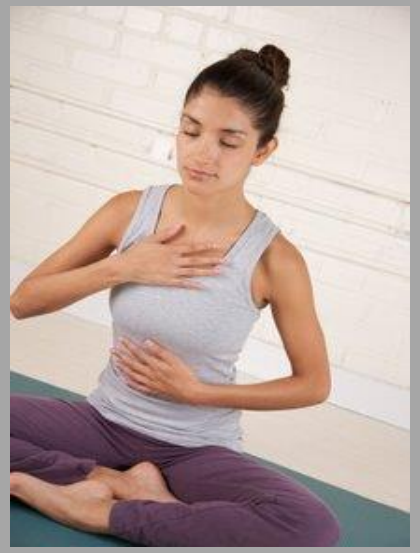
The Relaxation Response

- 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 migaine 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

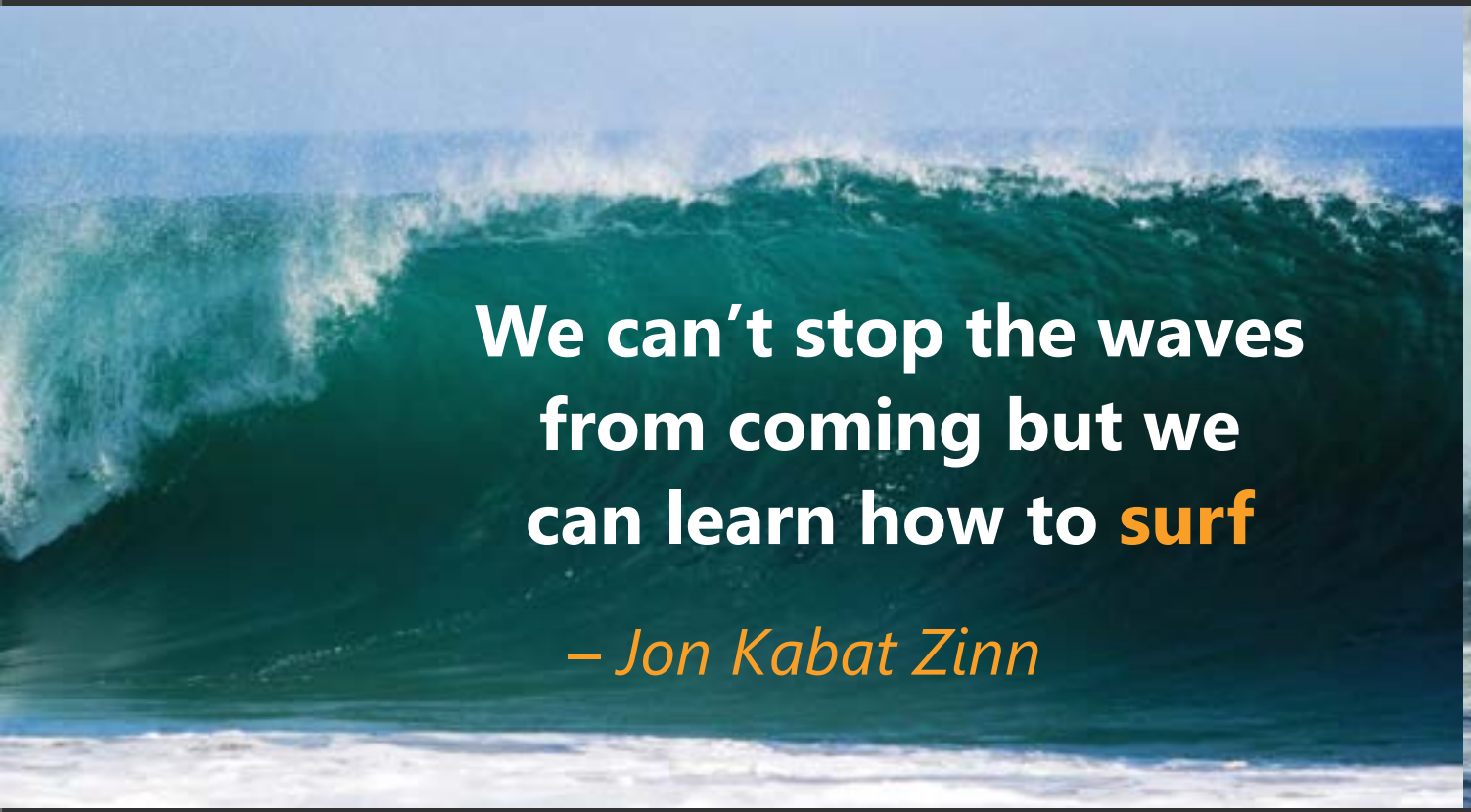
- Different modalities and locations for specific conditions
  - Migraine- thermal
  - Tension type headache- muscular (EMG)
  - TMD- muscular (EMG)

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 =
REALITY
EXPECTATION

ACCEPT AND LET GO OF WHAT YOU CAN'T CONTROL



Useful Websites for Finding Behavioral Providers

- American Psychological Association Psychologist Locator Service http://locator.apa.org
- CBT: Association for Behavioral and Cognitive Therapies referral database *www.abct.org*
- Biofeedback: Association for Applied Psychophysiology and Biofeedback 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

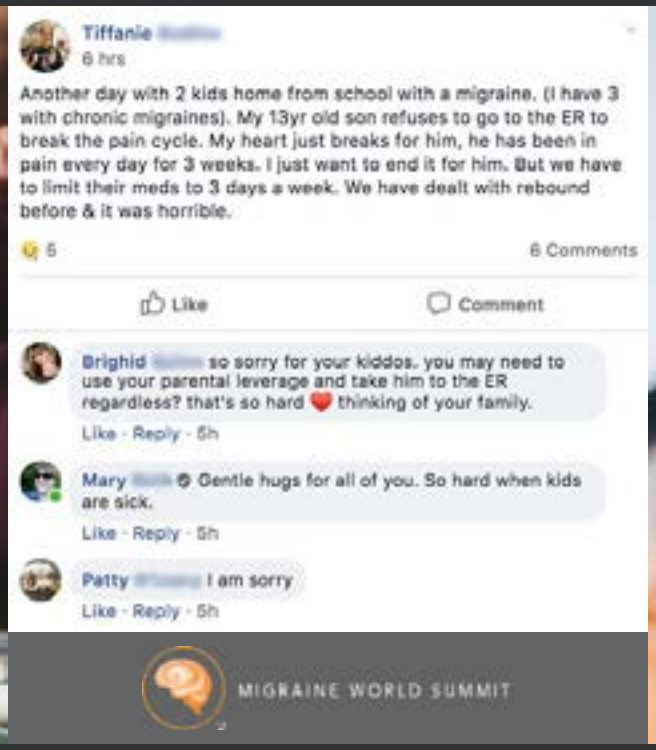
To find help look under “Resources” tab on dawnbuse.com

My sons would love these. Thank you for considering them.😊

BE KIND, GENTLE, AND PATIENT WITH YOURSELF

ASK FOR *AND ACCEPT* HELP

FIND YOUR TRIBE



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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