Mindfulness & Migraine

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Objectives

• Define mindfulness meditation

• Evaluate evidence for mindfulness in migraine

• Explore the idea of mindfulness and how you may be able to incorporate into your life
Disclosures

- Nothing to report
What is Mindfulness?

The act of paying full attention to whatever is happening in our present moments with qualities of:

• Openness
• Non-judgment &
• Curiosity
Mindfulness Meditation

- Secular contemplative practice
- Cultivate attention & awareness
Without Mindfulness

Stimulus → React

With Mindfulness

Stimulus → Mindfulness → Choice → Response
Historical Perspective

• Long historical roots (religious)
• Stress Reduction Clinic 1979
• Research
• Media
Mindfulness-Based Stress Reduction (MBSR)

- Standardized 8 weekly 2 hr classes + home
- Body scan, sitting meditation, yoga, mindfulness
- Teaches:
  - Focus on present moment
  - Practice without judgment
Mindfulness Meditation—Beyond Relaxation

• Attention regulation
• Body awareness
• Emotion regulation
• Non-reactivity
• Meta-cognition

Number of Media Articles Relative to Meditation Published by Year: “Mind the Hype”

MBSR for adults with episodic migraine (4-14 migraine/mo)

- No drop-outs, no adverse events, daily home practice 34 +/- 11 minutes

- Although underpowered, migraines were:
  - Less frequent by 1.4/mo  \(d=0.32\)
  - Less severe (0-10) by 1.3  \(d=0.61\)
  - Shorter by 3 hrs*  \(d=0.75\)

- Lower Disability scores*
  - MIDAS  -13  \(d=1.37\)
  - HIT-6  -5  \(d=0.91\)

- Self efficacy and mindfulness improved*  \(d=0.8\)

- Emotional reactivity, pain catastrophizing, pain acceptance

*Statistically significant
Potential Mechanisms

• Non-reactive approach to life stressors
  • Decreases emotional reactivity
  • Decreases affective response to stress

• Practice non-judgmental awareness of sensory events
  • Detached observation of sensory experiences (pain)
  • Reducing affective>sensory component of pain

Wells & Loder, Headache 2012.
Stress Reduction for Migraine Study

**Significant Provider Referrals**
- >1700 online provider referrals (EMR)
- 133 Direct provider referrals

Multitude of Studies: Mindfulness in Migraine

- Studies conducted: US, Italy, Germany, Iran, Australia
  - Cross-cultural interest, applicability

- Mindfulness Based Cognitive Therapy (MBCT), New York (Seng, PI)
  - Patients with 6-30 days/mo migraine
  - Improvement in Headache related disability

- Mindfulness for Chronic Migraine-Medication Overuse HA, Italy (Grazzi, PI)
  - Choice: medication or mindfulness
  - Both groups: improvement in HA frequency, disability

- Enhanced MBSR vs. stress management, Maryland (Seminowicz, PI)
  - Decreased HA frequency, disability
  - MRI evaluation: improvement in cognitive efficiency
Be on the Lookout: The Next 5 Years

**AAN Guidelines: Complimentary and Integrative Medicine-Migraine**

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Mindfulness During COVID

• Headache physicians leading mindfulness sessions for patients

• Virtual mindfulness session available anytime (with brief pre/post survey)
  • If interested, email: WFBH_Mindfulness@wakehealth.edu

• Live virtual sessions continue
  • Available for patients/providers, contact if interested
    • WFBH_Mindfulness@wakehealth.edu
A Mindful Moment
How to Learn More: Books (Ideas, NOT Endorsements)
How to Learn More: Retreats (Ideas, NOT endorsements)
How to Learn More: YouTube/Websites (Ideas, NOT endorsements)

- Wisdom 2.0
- Dr. Kristen Neff, Self-Compassion
- UCLA Mindful Awareness Research Center
- Osmosis
- UC Berkeley Mindful Breathing, Greater Good Science Center
- Heart Alchemy Yoga
- The Chopra Well
- UC San Diego Health
- Angel Souls
- Dr. Karthik Ramanan
- Psychocongress.com
How to Learn More: Apps (Ideas, NOT endorsements)
Research Support

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