Thriving with Migraine: Making Friend out of Foe

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Migraine: The Guest You Never Invited to the Party

• We do all we can to get rid of it

• But in the process...
  • Living a “maybe” life
  • Disconnecting from others
  • Derailment of goals
  • Shifts in perception
Migraine: The Guest You Never Invited to the Party

- Over time, this can lead to getting stuck
  - Drifting away from goals
  - Shift in self-acceptance
  - Depression/anxiety
  - Isolation
Making Friends with the Unwanted Guest

The cure for the pain is in the pain. – Rumi

• How we perceive pain and manage it makes a dramatic difference in how it affects us

• It’s vital to understand all components of coping to successfully manage migraine
Vital Component of Coping
Mind
Body
Connection
Strategy
Coping
How Heavy is Your Glass?
The Importance of Self-Check

• Acknowledge the effects of stress - body and mind
• Identify and share emotions
• Recognize what you need
• Differentiate pain from suffering
Part of every misery is misery’s shadow…the fact that you don’t merely suffer but have to keep on thinking about the fact that you suffer. – C.S. Louis
Successful Coping

• Prioritize Self-Care
  • Daily structure
  • Healthy habits
  • Fun integration
  • Compassionate attitude
Successful Coping

• Focus on Control
  • Eating/hydration
  • Internal dialogue
  • External response
  • Exposures
Successful Coping

• Stay Present-Minded
  • Breathe
  • Connect to senses
  • Connect to environment
  • Connect to people
Successful Coping

• Utilize Available Supports
  • Instrumental
  • Emotional
  • Professional
Successful Coping

• **Strategy**
  
  • Make changes one small step at a time
  
  • Reflect on successes and difficulties with acceptance and compassion

*Your failures make your successes so much more meaningful.* –Guy Raz
Thank you!