

# 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



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# 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



Mind

Body

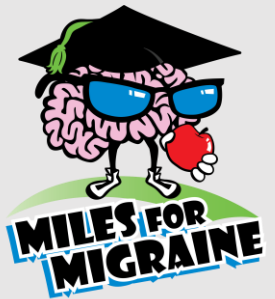
Coping

Connection

Strategy

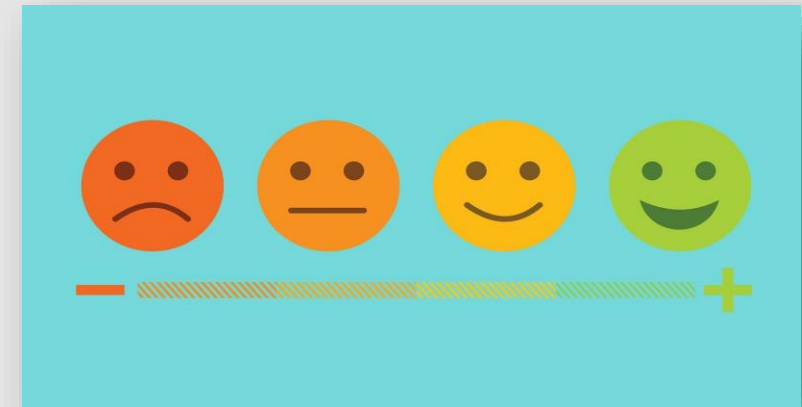


# How Heavy is Your Glass?



# 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. Lewis*





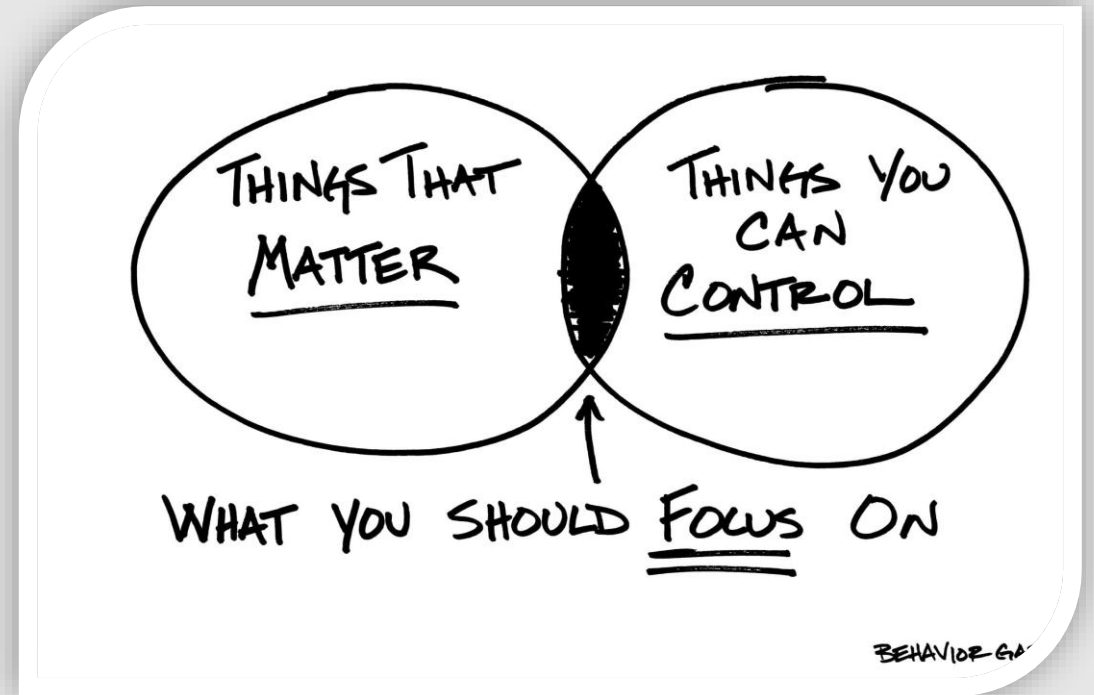
# Successful Coping

- **Prioritize Self-Care**
  - Daily structure
  - Healthy habits
  - Fun integration
  - Compassionate attitude



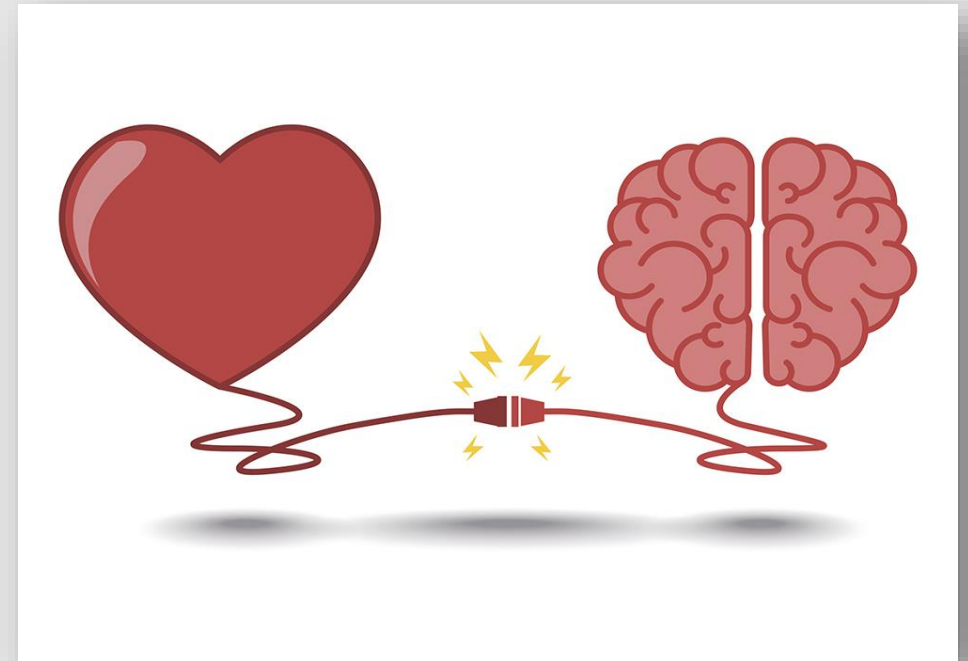
# Successful Coping

- **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!

