

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

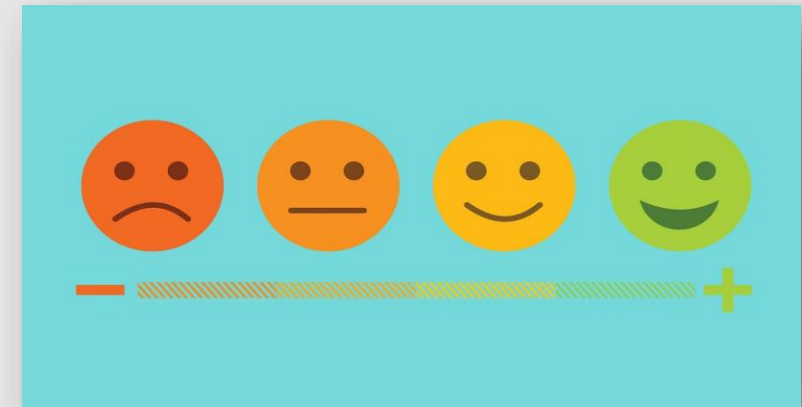


How Heavy is Your Glass?



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



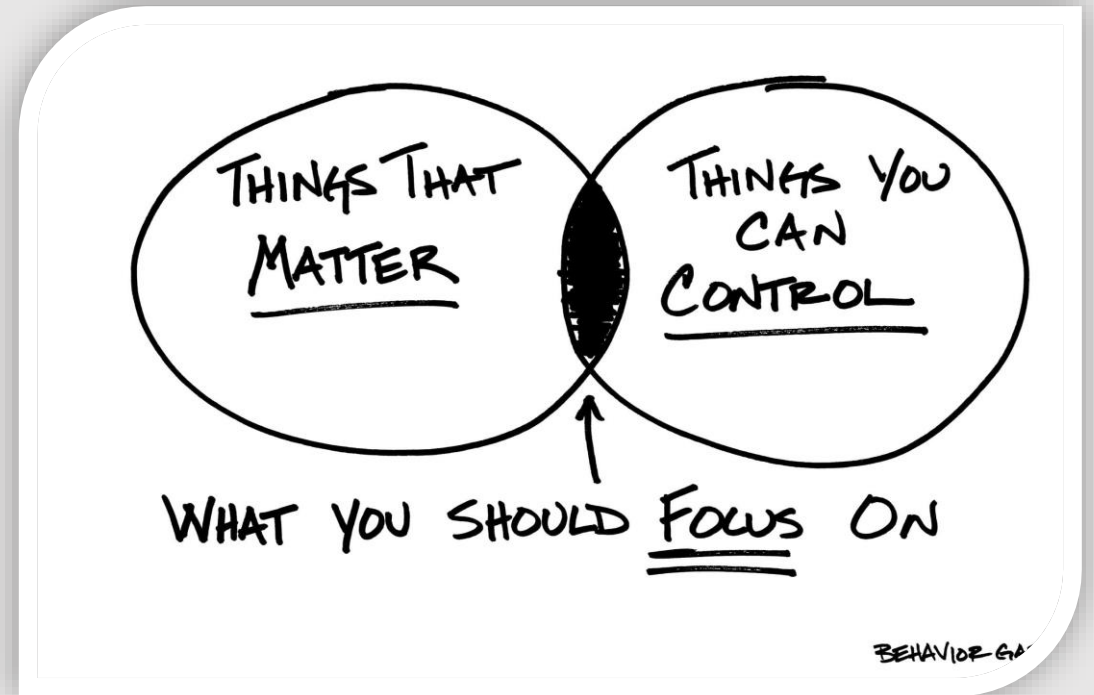
Successful Coping

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



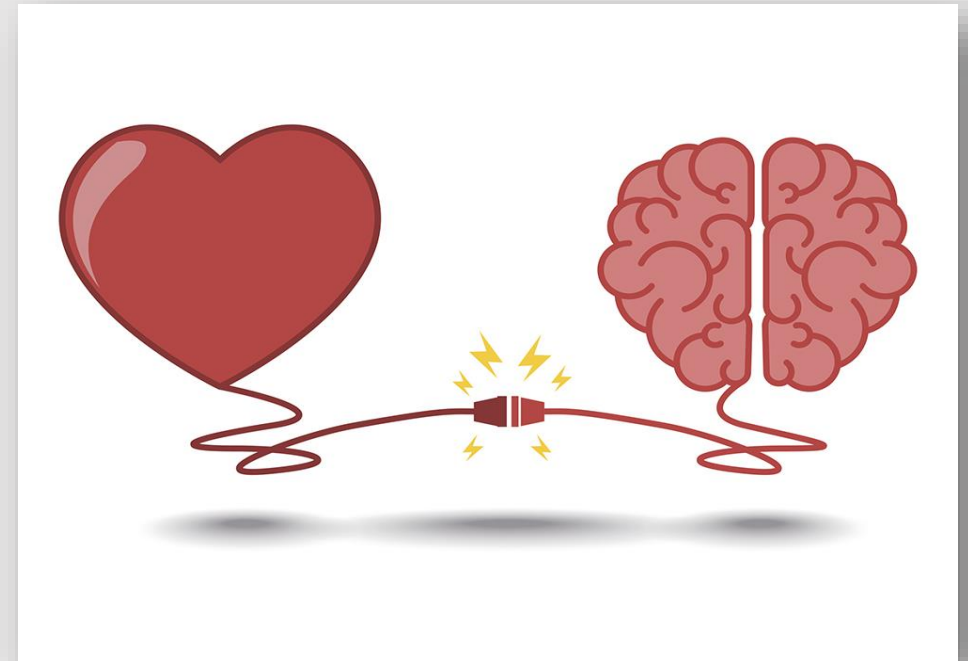
Successful Coping

- **Focus on Control**
 - Eating/hydration
 - Internal dialogue
 - External response
 - Exposures



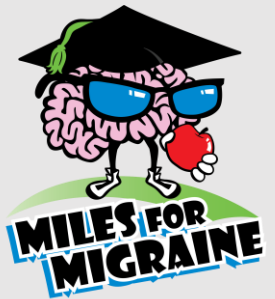
Successful Coping

- **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!

