



## **CARING FOR YOUR HEADACHE DISORDER STRESS REDUCTION THERAPIES FOR COMMON PEDIATRIC MIGRAINE**

Our mission is to improve the lives of migraine patients and their families and ultimately help find a cure.

Most people have migraine for a combination of reasons, but stress is a common trigger. Learning to relax and control stress through Stress Reduction Therapies helps to prevent migraine and can also help if a person has trouble falling asleep. Studies have shown that the combination of medication and Stress Reduction Therapies works better than either one by itself.

### **Biofeedback**

This is a way of training the mind to provide relaxation and decrease pain. This is the best studied Stress Reduction Therapy for migraine, but it can be difficult to find a psychologist trained in Biofeedback. Start by searching for people who do Biofeedback in your area at the website: [www.bcia.org](http://www.bcia.org). You will then need to call the people on the list to ask if they see children and take insurance. If that does not work, you can call your insurance company and ask for the name of a participating psychologist who is trained in Biofeedback. If that does not work, move on to one of the therapies below.

### **Cognitive Behavioral Therapy**

Cognitive Behavioral Therapy (CBT) is another type of therapy taught by psychologists. CBT focuses on finding ways to change a person's response to stressors in life. To find a psychologist, call your insurance company and ask for the name of a participating psychologist who offers CBT.

### **Meditation/Self-Hypnosis/Breathing Exercises**

These techniques improve pain by focusing your thoughts on something other than pain, like a happy place or the rhythm of your breath. You can read about these techniques or download an audio guide from the internet. Check out these great Apps for fun breathing exercises!

**Breath:**

Links to App: [Apple](#) | [Google Play](#)

**Headspace**

Links to App: [Apple](#) | [Google Play](#)

**Aura:**

Links to App: [Apple](#) | [Google Play](#)

**Smiling Mind:**

Links to App: [Apple](#) | [Google Play](#)

**Exercise**

Exercise helps by releasing natural chemicals that fight stress and pain. Do any kind of aerobic exercise that you enjoy for at least 30 minutes, 3 times per week. You should be active enough that you get sweaty and slightly breathless, so fast walking, running, soccer, basketball, and swimming are good options.

**Yoga**

Yoga is a good alternative, especially if vigorous exercise worsens the pain. Yoga emphasizes stretching and deep breathing, both of which help pain. Many gyms and health centers offer yoga classes, but you can also do it at home through exercise videos, television programs, and interactive video games.