LIVING WELL WITH MIGRAINE: BEHAVIOR AND LIFESTYLE

What Behavioral Factors Contribute To Migraine?

Depression

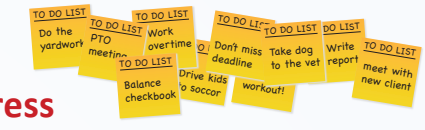
About 40% of people with migraine also have depression.

- People with migraine are twice as likely to have considered suicide than people without migraine[3]
- More than 66% of people with bipolar disorder have migraine[4]

Anxiety[15]

More than half of people with migraine will have at least one anxiety disorder during their lives

Stress



Stress is the body's automatic response to demands or challenges.[10]

- 4 out of every 5 people with migraine report stress as a trigger[5]

- Both increases and decreases in stress are associated with migraine attacks[6]

Sleep

- Sleep disorders are common among people with migraine[1,12,13]
- More than two thirds of people with chronic migraine also have insomnia[1,13]
- Behavioral treatments for insomnia can help you get better sleep, and may help reduce your migraine frequency[1,12]

Consistent Daily Schedule

- Having a consistent mealtime, bedtime, and daily aerobic exercise are important for people with migraine[5,18]
- Staying consistent in these three areas has been associated with low attack frequency in people with migraine[5]

Taking Medication

- Approximately half of people with migraine do not take their medications as recommended by their doctor[2]
- With preventive medications[2,14]
  - taken daily to reduce attack frequency
  - fitting them into your daily routine is a good strategy

What Are Behavioral Migraine Treatment Options?

Behavioral treatments help people with migraine address lifestyle factors to improve migraine management.

Some behavioral treatments that have evidence showing they reduce migraine frequency include the following:

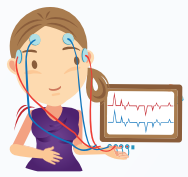
Relaxation Training

Daily relaxation practice can help you achieve a physical and mental state of calm and reduce migraine attacks[9,11]

Cognitive Behavioral Therapy[11,17]

Teaches you how to break this cycle to produce a better outcome.

Biofeedback Training



Provides instant information so you can observe and modify your body's reaction to stress[9,11]

There are many ways to find a psychologist who can provide these treatments:

- Ask your doctor for a referral
- Use the American Psychological Association locator, searching for a "health" specialization (http://locator.apa.org/)

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