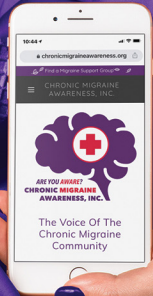


Have you visited our website?



<https://chronicmigraineawareness.org>

Support & Advocacy Opportunities



ARMS
CHRONIC MIGRAINE
AWARENESS

Advocates Removing Migraine Stigma (ARMS) is a volunteer program offering members the ability to advocate for themselves and their communities.



AWARE CARE
CHRONIC MIGRAINE
AWARENESS

Aware Care is an advocacy initiative brought to you by countless volunteers who lend their voice to people living with chronic migraine.

**RALLY
AGAINST
CHRONIC
MIGRAINE**

Our Sponsors can be found at:
cmaware.org/sponsors

Who We Are



ARE YOU AWARE?
**CHRONIC MIGRAINE
AWARENESS**

Amplifying

The Voice of the Chronic Migraine Community

Chronic Migraine Awareness is a 501(c)(3) nonprofit amplifying the voice of the chronic migraine community, offering support, information, and education to empower individuals to advocate for their own health.

Offering Support Groups and Volunteer Opportunities

A*RM*S
Advocates Removing Migraine Stigma

Aware Care

Online & Virtual Support Groups:
<https://chronicmigraineawareness.org/support-groups>

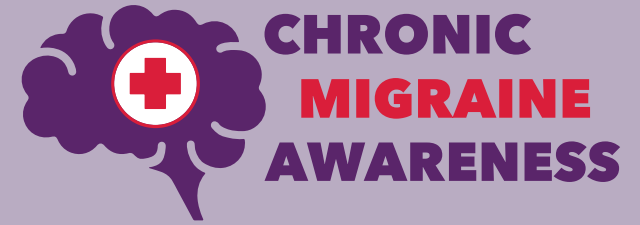
FIND US ONLINE!

ChronicMigraineAwareness.org

@CMAware @ChronicMigraineAwareness



SCAN ME!



Chronic Migraine AND Mental Health Guide

A guide of coping & resilience strategies for people living with Chronic Migraine



Chronic Migraine & Mental Health Guide

Written by Jeannette Rotondi, MSW, LSW, CCTP, CGCS

Living with chronic migraine takes a toll on our physical and emotional health. Unfortunately, we tend to focus on our physical health, often ignoring our emotional needs. Chronic illness impacts our entire life, and it's imperative that our emotional health is also a priority.

It is important to understand the connection that living with chronic disease can have on emotional well-being. People with migraine have a reported two-to-four-fold increase in lifetime risk of developing major depressive disorder.¹

The stress of dealing with chronic illness creates understandable emotional impact and mental pressure. Having symptoms dismissed as "in your head" can lead to feeling frustrated and unheard. Not being believed can cause anger and disappointment. Coping with disabling pain and symptoms with ineffective medical care can lead to emotions of fear and sadness, leading to depression and anxiety. Living with chronic disease can create many losses, such as employment, relationships, financial instability, dreams and expectations. These losses can create grief and feelings of denial, guilt, anger and sadness.

This brochure is a "guide" of coping and resilience strategies. Feel free to use what works, leave what doesn't and even add new tools.

Reviewers:

Dennis Rotondi, LPC - Care partner
Nancy Harris Bonk - COO, Chronic Migraine Awareness
Lindsay Fitzpatrick- Patient Advocate, CMA ARMS Member

References:

1. Amoozegar F. Depression comorbidity in migraine. *Int Rev Psychiatry*. 2017;6:1-12.
2. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: Author.

EMOTIONAL DISTRESS TOLERANCE

Activity - Find an activity you can do that requires some mind engagement, like reading, writing in a journal, crafting, etc.

Contributing - Do something that focuses on another person.

Comparisons - Realize how resilient you are and think about a time when you got through a difficult period. You have survived 100% of your worst days.

Emotions - Do something to create a new emotion that competes with your distressing emotion.

Pushing Away - Block a painful or upsetting situation from your mind by using techniques such as guided imagery.

Thoughts - Shift your thoughts to something neutral.

Sensations - Find a safe physical sensation to distract you from your distressing emotion. Take a cool shower. Get a massage.

MAINTENANCE OR COMFORT CARE

Noticing

- Identify your triggers, focus on what triggers both the difficult and enjoyable feelings.
- Be a detective - if I had noticed this five minutes earlier, what would I have done?
- Note what you want to see more of in your life.
- Make your migraine concrete and separate it from self.

Practice self-care

- Find moments of peace and joy.
- Reward yourself for utilizing coping skills.
- Take time to do things you enjoy.
- Make self-care a habit.

Practice Gratitude

- Write five things you are grateful for and remember the simple things.

Challenge Negative Automatic Thoughts

- Write down the

negative thought and then one alternate positive thought.

- Look for that stinking thinking and challenge it!
- Separate the migraine attack from emotional distress.

Reach Out

- Add a support group or supportive friend to your team.

Self-empathy

- Remind yourself of at least one positive attribute about yourself.
- Give yourself the permission to grieve the feelings of loss.

Spirituality

- Faith, religion and spirituality are important aspects of many people's lives and can be utilized as a coping skill.

Affirm What Is Positive

- Create a "good stuff" journal.

WHY ADD A MENTAL HEALTH PROFESSIONAL TO YOUR TREATMENT TEAM?

Living with chronic migraine takes a toll not only on physical health,

but on mental health as well.

Reaching out to a mental health professional can help you learn new coping skills. Learning how to better communicate and advocate for your needs. A mental health professional can also be a great partner and advocate in your care.

There are many conditions that may be a focus of therapeutic attention related to living with chronic migraine, such as social exclusion or rejection, inaccessibility to health care, target of adverse discrimination, etc.

If you have been having suicidal ideation, please reach out for help from a trusted professional or crisis hotline.

United States: National Suicide Prevention Hotline, 1-800-273-8255

For a full list of hotlines please visit <http://cmaware.org/mh>



Visit our website to view a more detailed and mobile-friendly version of this Chronic Migraine & Mental Health Guide at <http://cmaware.org/mh>