YOUR MIGRAINE TOOLKIT

Resources & Reminders

Thank you for participating in this chronic migraine education program! We hope you find the tools and resources valuable for feeling empowered and improving management of your migraine condition. All the video content and resources are available at yourmigrainetoolkit.com. You will also receive a weekly text reminder about healthy lifestyle behaviors. The habits we would like you focus on are sleep, hydration, early migraine treatment, and relaxation.

The goals of this program include improved migraine disability, increased confidence of headache management, and decreased migraine days.

MIGRAINE DIARY

Tracking

Use your migraine diary to help track migraine episodes and potential triggers. The “traffic light” system will help you understand when to treat a headache and how to choose the right medication/therapy. It allows you to color-code your diary, and this will help us look at patterns of when migraine attacks occur.

- Red headache: “I have to STOP”
- Yellow headache: “I have to SLOW DOWN”
- Green headache: “I can still GO”

RESOURCES & VIDEOS AT:
YOURMIGRAINETOOLKIT.COM