

MIGRAINE SELF-MANAGEMENT

TOOLKIT ESSENTIALS

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”

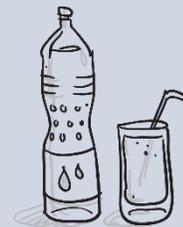
Green headache: “I can still GO”

RESOURCES & VIDEOS AT:
YOURMIGRAINETOOLKIT.COM

SLEEP



HYDRATION



TREAT EARLY



RELAXATION

