

	<h1>Manage your migraine holistically.</h1> <h2>The online course</h2> <p>The online course is set out a little differently from the handbook which supports it. It may be easier to follow if you have a printed copy of the handbook. Each section covers one holistic practice. It is important to consolidate each section before moving on to the next one.</p>
Content	Links
<h3>Session 1 (34 minutes)</h3> <p>Some important starting points. Section 1 of handbook.</p> <p><a href="https://youtu.be/OFFiTs8eIF4">https://youtu.be/OFFiTs8eIF4</a></p>	
Have I got migraine?	
Setting migraine in context	
Project overview	
What does “Holistic mean?	
Cure or control?	
Holistic practice	Journaling. Setting an intention

## Session 2 (31 minutes)

Explaining the migraine attack. Section 2 of handbook.

<https://youtu.be/tCy2zcRwv0E>

How we classify headache

Why we get migraine

The phases of the migraine attack

What's happening in the brain during a migraine attack?

Migraine doesn't come alone. Other associated medical problems.

Holistic practice

Body awareness practices

## Session 3 (39 minutes)

Getting to grips with some important theory.

Section 4 of handbook.

Psychological approaches to management of migraine

Section 7 of handbook.

<https://youtu.be/ERl7oZiXJis>

How the nervous system works

The brain and body as one unit

The problem of chronic inflammation

Psychological approaches to managing migraine

Holistic practice

Therapeutic breathing

## Session 4 (37 minutes)

Medical management of migraine. Section 5 of handbook.

Problems associated with migraine. Section 12 of handbook

<https://youtu.be/y74ncpkMzpQ>

Medical management of the migraine attack	
Medical management to prevent the migraine attack	
Medication overuse headache	
Medical problems associated with migraine	
Holistic practice	Visualisation
<p><b>Session 5</b> (24 minutes)</p> <p>Managing the external environment. Section 8 of handbook.</p> <p>Mindfulness. Section 9 of handbook.</p> <p><a href="https://www.youtube.com/watch?v=7wUP6FljzYo">https://www.youtube.com/watch?v=7wUP6FljzYo</a></p>	
Migraine triggers	
Keep things constant	
Healthy diet	
Migraine diet	
Gut biome	
Exercise	
Sleep and rest	
Resilience	
Holistic practice	Mindfulness
<p><b>Session 6</b> (6 minutes)</p> <p>Managing favourable interactions between the internal and external environment. Section 10 of handbook.</p> <p><a href="https://youtu.be/1hDhI9OAC4Y">https://youtu.be/1hDhI9OAC4Y</a></p>	
Nature immersion	
Music therapy	
Socialisation	

## Session 7 (17 minutes)

### Letting go of the story. Renegotiating sense of self.

Section 11 of handbook.

<https://youtu.be/S5lOVSbsAMU>

Holistic practice

Emotional freedom technique

## Session 8 (14 minutes)

### Migraine and women's health

Section 11 of handbook.

<https://youtu.be/KH3VGYNup0k>

Menstruation

Contraception

Pregnancy

Menopause

## Session 9 (10 minutes)

### Migraine in children

Section 14 of handbook.

<https://youtu.be/59FrmzItHk8>

## Session 10 (17 minutes)

### Migraine service delivery and how to get the best from your headache consultation

Section 16 of handbook

<https://youtu.be/Peq9xdoRWsM>

NHS delivery of migraine care

Managing your GP migraine consultation

Migraine in the workplace

**Session11** (14 minutes)

**Pulling it all together**

<https://youtu.be/F2ZpmZJ8DQA>