

## SHEET 10 Tips for headaches and migraines

- Keep a headache diary: many people feel that their headaches come out of the blue but keeping a record of when you get them and what was going on at that time can often reveal patterns. Understanding triggers in this way can help you get back in control of your headaches.
- The diary does not need to be complicated. Record when you got the headache, the pain on a scale of 1–10, what was going on for you at the time, any thoughts or feelings and what foods you ate.
- Many headaches are caused by tension and stress. Regular practice of balancing activities such as exercise, yoga, relaxation exercises or meditation can really help. The key here is to do what you enjoy!
- Regular practice of the mindfulness of breathing exercise will be helpful and just 10 minutes a day will make a difference.

### Acupressure points for headaches

Listed below are some acupressure points that can help if you feel a headache coming on. Treat the points as soon as you feel the signs of a headache. Hold the points for 3–5 breaths and repeat until each point feels less tender.

- **GB 21:** press into the middle of your shoulder. See **Figure S10.1**



Figure S10.1



Figure S10.2

- **Co 4:** press into the webbing between your thumb and forefinger. **See Figure S10.3**



Figure S10.3