

LIVING WELL WITH MIGRAINE



A GUIDE TO MANAGEMENT, SUPPORT, AND RESOURCES



U.S. PAIN
FOUNDATION



Danielle Byron Henry
MIGRAINE FOUNDATION

LIVING WELL WITH MIGRAINE

A GUIDE TO MANAGEMENT, SUPPORT, AND RESOURCES



TABLE OF CONTENTS

●	Understanding Migraine	2
●	Risk Factors, Triggers, & Diagnosis	5
●	An Introduction to Migraine Management	7
●	Treatment Options	9
●	Self-Management Strategies	12
●	Emotional Well-Being	15
●	Resources and Help	17
●	About U.S. Pain Foundation	18
●	About Danielle Foundation	19

The information provided in this booklet is for educational purposes only. It is not intended to be used as professional medical advice, diagnosis, or treatment. The U.S. Pain Foundation and the Danielle Foundation do not endorse any specific treatment or approach to treatment. For specific questions or concerns, consult your doctor. References, citations, and sources found in this booklet can be located at uspainfoundation.org/pain/lwvm.



Understanding Migraine

What is migraine?

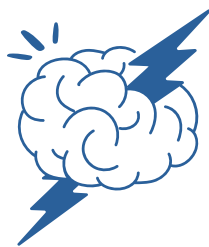
Migraine is a neurological disorder characterized by recurrent episodes of moderate to severe pain, often on one side of the head. These attacks can last from several hours to a few days and are often pulsating or throbbing in nature. Because migraine affects the brain and its functions, the condition is more than just a headache—it also often involves a variety of debilitating symptoms that can significantly impact daily life.

Migraine is classified into two categories: episodic and chronic. Episodic migraine is characterized by symptoms occurring fewer than 15 days per month, while chronic migraine affects individuals 15 or more days per month.

Migraine symptoms

Migraine symptoms can vary widely from person to person, but common signs include:

- **Head Pain:** Moderate to severe pain, often pulsating or throbbing. It typically affects one side of the head, but it can occur on both sides.
- **Aura:** Some people experience sensory disturbances known as an aura. This may involve visual disturbances like flashing lights, blind spots, or zigzag patterns, as well as sensory changes such as tingling or numbness. However, it is possible to have migraine without ever experiencing aura.
- **Nausea and vomiting:** Many individuals experience nausea, vomiting, or stomach upset during a migraine attack.
- **Sensitivity to light, sound, and smell:** Migraine often increases sensitivity to sensory stimuli, making bright lights and loud noises unbearable.
- **Dizziness:** Dizziness, which could include a spinning sensation, is a common symptom, especially in cases of vestibular migraine.
- **Neck pain:** Neck pain or stiffness is a frequently reported symptom during a migraine attack.



Migraine phases

Migraine attacks often progress through four distinct phases, though not everyone experiences all of them. The period between migraine attacks is called the interictal phase.

1. **Prodrome:** Occurs one to two days before the migraine. Symptoms may include mood changes, food cravings, neck stiffness, and heightened sensitivity to light or sound.
2. **Aura:** A temporary phase of sensory disturbances, such as vision loss or changes (flashing lights, blind spots), changes in hearing or smell, and speech or language difficulties.
3. **Acute:** The main phase, characterized by intense pain that can last from hours to days, often accompanied by nausea and heightened sensitivity to light, sound, or smells. Some aura symptoms may continue during this phase.
4. **Postdrome:** After the headache, individuals may feel fatigued or drained for up to a day or two, with lingering symptoms like mild headache or difficulty concentrating.

BY THE NUMBERS

- Migraine is the second most disabling disease worldwide, affecting about 15% of the global population.
- Women are disproportionately affected, with 21% reporting migraine or severe headaches compared to nearly 11% of men in the U.S.
- Between 40% and 50% of people with migraine remain undiagnosed.



Types of migraine

Understanding the various types of migraine is crucial for effective management:

- **Migraine with aura:** Sensory disturbances, such as changes with vision, hearing, smell, or numbness, occur before or during the headache.
- **Migraine without aura:** The most common type, featuring head pain without sensory disturbances before or during the attack.
- **Abdominal migraine:** Primarily affecting children, this type presents as intense abdominal pain, often accompanied by nausea and vomiting, rather than a traditional head pain.
- **Hemiplegic migraine:** A rare form, causing temporary head pain and paralysis, weakness, or other neurological symptoms on one side of the body, often mimicking a stroke.
- **Ocular migraine:** Causes visual disturbances or temporary blindness in one eye, often without head pain.
- **Vestibular migraine:** Associated with vertigo, dizziness, and balance issues, it may or may not include head pain.

Additional migraine classifications include:

- **Chronic migraine:** Defined as occurring 15 or more days per month, significantly impacting quality of life (fewer than 15 days per month is considered episodic migraine).
- **Intractable (refractory) migraine:** Persistent migraine that does not respond to typical treatments, presenting ongoing management challenges.

Managing migraine

Managing migraine can be a complex and evolving process that often requires trial and error. Each person responds differently to various treatments, so working closely with health care providers is essential. Successful management typically includes a multidisciplinary approach, combining medications, lifestyle changes, and alternative therapies.

It's important to remember that migraine disease affects more than just physical health—it impacts cognitive, emotional, and social well-being as well. Migraine attacks can disrupt the ability to work or attend school, participate in social activities, and handle everyday tasks. These limitations can lead to emotional challenges such as stress, anxiety, frustration, and sadness.

While living with migraine can be difficult and debilitating, it's possible to lead a fulfilling life by prioritizing self-care, celebrating small victories, and seeking support. Most importantly, remember: **You are not alone in this journey.**



"Weekly yoga with the Danielle Foundation helps me find balance and relief, making it easier to manage my migraine."

Michelle F.



Risk Factors, Triggers, & Diagnosis

Factors that increase the likelihood of migraine

Various environmental and biological factors can increase the likelihood of developing migraine disease or the likelihood of an attack.

Risk factors for migraine:

- **Family history:** If a parent or sibling has migraine, you are more likely to experience the disease as well.
- **Gender:** Women and individuals assigned female at birth are more prone to migraine, often due to hormonal fluctuations associated with menstruation, pregnancy, and menopause.
- **Age:** Migraine can begin at any age, but its intensity tends to peak during young adulthood and may decrease with age.
- **Chemical imbalances:** Fluctuations in neurotransmitters, particularly serotonin, can contribute to migraine development.

- **Neurovascular changes:** Migraine is thought to involve changes in the brainstem and its interactions with the trigeminal nerve, leading to the release of inflammatory substances.

Triggers of migraine attacks:

- **Environmental factors:** Changes in weather, exposure to bright lights, loud noises, or strong smells can act as triggers for a migraine attack.
- **Diet:** Certain foods and beverages, such as aged cheeses, alcohol, MSG (monosodium glutamate), natural or artificial flavors, and caffeine, may cause a migraine in some individuals.
- **Stress:** Emotional stress is a well-known cause of a migraine attack.
- **Sleep patterns:** Both insufficient sleep and too much sleep can increase the likelihood of a migraine attack.

Diagnosing migraine

Clinicians primarily diagnose migraine through a comprehensive patient history and physical examination. They assess the frequency, duration, and nature of the head pain, along with any associated symptoms such as nausea, light sensitivity, and aura.

Diagnostic criteria, such as those provided by the International Classification of Headache Disorders (ICHD), help clinicians classify the type and severity of the headaches. If there are atypical features or concerning signs, additional tests like imaging or blood work may be necessary to rule out other causes. A thorough understanding of the patient's medical history, contributing factors, and familial patterns is essential for an accurate diagnosis.



GOOD TO KNOW

Taking control of your migraine journey means being proactive and persistent. If you suspect you are living with migraine, don't wait—take action. Early intervention and self-advocacy can lead to a quicker diagnosis, access to effective treatments, and better long-term outcomes.

Most people with migraine begin their journey with a primary care doctor, but not all doctors are headache specialists. Being prepared for this conversation is key to getting the care you need. Empowering yourself with the right tools and knowledge will help you navigate your treatment journey and ensure no details are overlooked.



3 Tips for a Productive Doctor's Visit:

- 1. Track Your Symptoms:** Keep a detailed migraine diary, noting triggers (e.g., stress, foods, sleep changes), frequency, duration, and daily disruptions. This helps your doctor better understand your condition and provide tailored recommendations.
- 2. Prepare Questions and Goals:** List your top concerns, symptoms, and treatment goals. Ask about pain management, preventive treatments, and specialist referrals to align on a personalized care plan.
- 3. Bring Support Materials (like this guide!):** Bringing trusted resources can help inform your doctor and focus the conversation. Many primary care doctors lack specialized migraine training, so these materials can foster a more collaborative approach.



An Introduction to Migraine Management

Remember, each person's experience with migraine is unique. What brings relief for one individual might not work for another. Don't get discouraged if a specific treatment falls short—keep exploring your options until you discover what works best for you.

If you've been diagnosed with chronic migraine or have been living with migraine for over six months, consider consulting a headache specialist. While primary care physicians can assist in managing your disease, a headache specialist can provide more targeted therapies and insights specific to your individual migraine experience. Neurologists or pain management experts can also enhance the effectiveness of your treatment.

Managing migraine disease often requires a multifaceted approach. Relying on a single therapy is unlikely to yield sufficient results. A combination of treatments—which may include medications, lifestyle adjustments, and cognitive behavioral therapy—usually

proves most effective in reducing the frequency and intensity of migraine attacks, ultimately improving overall quality of life.

Educating yourself on the various strategies and techniques for migraine relief, including self-management practices, is crucial. Researchers are consistently making progress in the search for new treatments, **so it's important to stay hopeful!**

Finding effective migraine treatments can be challenging, but having a supportive community that understands your journey can make a significant difference. Join one of U.S. Pain's free peer support groups at **painconnection.org** to connect with others who share similar experiences.



Tips for Migraine Management

- **Do your research:** Stay informed about migraine and available treatments by consulting reliable sources such as government agencies, patient organizations, or reputable medical websites. This is especially crucial if you have a rare type of migraine, as your doctor may not always have the capacity to explore every detail of your condition. By educating yourself, you can actively participate in your care.
- **Maximize doctor visits:** Partner with your health care provider to ensure your treatment plan aligns with your specific goals, whether that means reducing the frequency of migraine or improving your quality of life. It may be helpful to discuss both rescue and preventive medications. Preparing a list of questions or bringing a family member for support can enhance the effectiveness of your visits. If your concerns aren't fully addressed, remember that you have the power to advocate for yourself by asking additional questions or requesting a different provider.
- **Consider second opinions or specialists:** If your migraine attacks are severe or not well-managed, seeking a second opinion or visiting a headache specialist can be beneficial. Migraine specialists and dedicated clinics may offer more advanced and tailored treatments than general practitioners.
- **Stay organized:** Managing migraine can feel overwhelming, so keeping all related information in one place is key. Use a folder or binder to organize test results, appointment summaries, insurance details, and treatment plans. Requesting your medical records from health care providers will help track your progress and manage your care more effectively.
- **Maintain a consistent routine:** Lifestyle choices can significantly impact migraine attack frequency. Try to maintain regular sleep, exercise, and eating habits to help reduce the likelihood of attacks. Aim for seven to nine hours of sleep per night, stay hydrated, and incorporate stress-relieving activities like yoga, meditation, or mindfulness into your routine.
- **Treat early and consistently:** At the first sign of a migraine attack, take your prescribed medication to prevent it from escalating. Quick action can often prevent a mild attack from developing into a severe attack. If you experience frequent migraine, consult with your doctor about preventive medication options.
- **Prioritize your mental health:** Migraine can have a significant emotional impact. Stress and anxiety can also contribute. Consulting with a counselor or psychologist experienced in chronic pain, or joining a migraine support group, can help you address the emotional challenges of living with migraine.
- **Consider non-pharmacological and alternative therapies:** Explore non-medication treatments such as biofeedback, cognitive behavioral therapy, or acupuncture, which may reduce migraine frequency or severity. Physical therapy or massage can also relieve tension contributing to migraine. Some people find supplements like magnesium or riboflavin (vitamin B2) beneficial. Always consult your health care provider before trying new treatments to ensure they're appropriate for you.
- **Explore clinical trials:** If you're struggling to find an effective treatment, consider participating in a clinical trial. These studies may provide access to cutting-edge therapies before they're widely available. However, make sure you're well informed about the potential risks, side effects, and how the treatment may interact with your existing medications.



Treatment Options

Share this list with your clinician. Talk to them about what options might make sense for your unique situation. As much as possible, start with low-risk, noninvasive options, and always consider therapies in combination with one another.

Self-management techniques

- Caffeine management
- Cold compresses or ice pack
- Earplugs
- Ginger tea or ginger chews (for nausea)
- Green light lamp
- Heating pad
- Hydration and balanced diet
- Identifying and avoiding triggers (e.g., specific foods, lights, smells)
- Migraine glasses for light sensitivity
- Pacing
- Resting in a dark, quiet room
- Sleep hygiene techniques (building habits that promote healthy, consistent sleep)
- Stress reduction techniques
- Tracking your attacks

Restorative therapies

- Exercise programs
- Massage therapy
- Occupational therapy
- Osteopathic medicine
- Physical therapy to address neck, posture, movement, and tension issues

Complementary and integrative health options

- Acupressure
- Acupuncture
- Aromatherapy with essential oils like lavender or peppermint
- Chiropractic care
- Craniosacral therapy
- Herbal supplements (e.g., butterbur, feverfew)
- Nutritional supplements (e.g., magnesium, riboflavin, CoQ10)
- Yoga and Tai Chi

"Managing my migraine takes a full toolbox, and each tool helps me take control and find relief."

Izzy K.

Treatment Options

Mind-body and behavioral health approaches

Addressing the psychological and psychosocial impact of migraine does not mean your pain or migraine isn't real. But stress exacerbates pain, and likewise, pain intensifies stress.

- Acceptance and commitment therapy
- Biofeedback or neurofeedback
- Cognitive behavioral therapy
- Counseling and therapy
- Meditation and mindfulness
- Psychiatric care
- Relaxation training, such as guided imagery and progressive muscle relaxation
- Stress management and coping strategies
- Support groups
- Virtual reality programs and technologies

Medications

Acute medications

(for treating migraine during an attack—also called rescue or abortive medications)

- Acetaminophen
- Anti-nausea medications (e.g., metoclopramide)
- CGRP receptor antagonists (e.g., ubrogepant, rimegepant)
- Ditans (e.g., lasmiditan)
- Ergot alkaloid medications (e.g., dihydroergotamine, ergotamine)
- Local anesthetics and topicals
- Nonsteroidal anti-inflammatory drugs or NSAIDs (e.g., ibuprofen, naproxen)
- Triptans (e.g., sumatriptan, rizatriptan)

Preventive medications

(for reducing migraine frequency or severity)

- Anticonvulsants (e.g., topiramate, valproate)
- Antidepressants (e.g., amitriptyline, venlafaxine)
- Beta-blockers (e.g., propranolol)
- Calcium channel blockers (e.g., verapamil)
- CGRP monoclonal antibodies (e.g., eptinezumab-jjmr, erenumab, fremanezumab)
- CGRP receptor antagonists (e.g., atogepant, rimegepant)
- Corticosteroids

Non-invasive neuromodulation treatments (many can be used for both acute and preventive care)

- External concurrent occipital and trigeminal nerve stimulation (eCOT-NS): A headset stimulates both the occipital and trigeminal nerves to treat migraine attacks
- External trigeminal nerve stimulation (eTNS): A device worn on the forehead stimulates the trigeminal nerve to reduce migraine frequency and severity
- Non-invasive vagus nerve stimulation (nVNS): A handheld device stimulates the vagus nerve in the neck to relieve acute migraine pain or prevent attacks
- Remote electrical neuromodulation (REN): A device worn on the upper arm stimulates peripheral nerves to inhibit pain signals during a migraine attack
- Transcranial magnetic stimulation (TMS): A portable device delivers magnetic pulses to the brain, used at the onset of migraine to reduce intensity or as a preventive treatment

Treatment Options

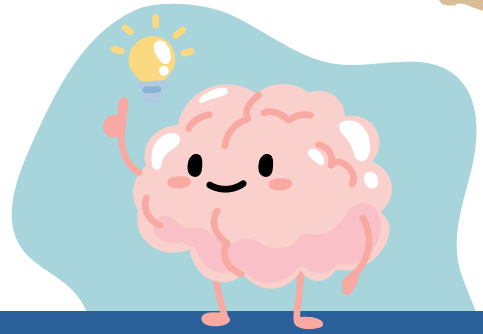
Interventional procedures and surgeries

- Botulinum toxin injections (preventive)
- Nerve blocks (occipital, sphenopalatine ganglion, or supraorbital)
- Occipital nerve stimulation (ONS)
- Surgery to remove pressure on nerves or address structural nasal problems that can cause migraine attacks
- Trigger point injections
- Vagus nerve stimulation (VNS)

Cannabinoids

These products may include cannabidiol (CBD) or tetrahydrocannabinol (THC), often called medical cannabis. Less common cannabinoids include cannabinol (CBN), cannabigerol (CBG), and cannabichromene (CBC), as well as Delta-8 and Delta-9 THC. Emerging research suggests potential benefits for pain management, including migraine relief. CBD is known for its anti-inflammatory effects, while THC-based products may offer more direct pain relief, though they sometimes have psychoactive effects.

CBD is federally legal, but medical cannabis, Delta-8, and Delta-9 THC are not, with legality varying by state. Always check your state laws and consult your health care provider before use.



Remember, migraine is a dynamic condition that can evolve over time, necessitating adjustments in treatment strategies to align with its progression and severity.

Psychedelics

Psychedelics, such as psilocybin from "magic mushrooms," are gaining attention for their potential to reduce migraine frequency and severity by modulating serotonin receptors involved in migraine. Early studies suggest psychedelics may help reset brain pathways linked to chronic pain and reduce neuroinflammation, offering hope for those with chronic or refractory migraine. Though research is still in its early stages, some studies have shown prolonged migraine relief from low doses or microdosing. Legal status varies, so they should only be considered under medical supervision where allowed.



Self-Management Strategies

In addition to treatments prescribed by your medical providers, self-care strategies and lifestyle adjustments are vital aspects of effective migraine management. Here are key techniques for migraine self-management.

Keeping a migraine diary

Effectively managing migraine begins with understanding your body's unique patterns and identifying what may cause an attack. Common factors include specific foods, stress, changes in weather, and sleep disturbances. By keeping a migraine diary, you can track these patterns over time, making it easier to pinpoint and manage your specific influences. Once you recognize your triggers, you can take proactive steps—such as maintaining a consistent sleep schedule, avoiding specific foods or drinks, or preparing for weather shifts by staying hydrated and resting.


Pacing and rest

When you feel a migraine attack coming on, take immediate steps to rest and create a calm environment if possible. This might mean lying down in a dark, quiet room

and applying a cool compress to your head or neck. Don't wait for the attack to worsen—pacing yourself and allowing for recovery can sometimes prevent the symptoms from becoming debilitating. Additionally, learning to manage your daily activities to prevent exhaustion or overexertion can help reduce your chances of experiencing an attack.

Exercise

Regular physical activity can decrease migraine frequency and severity, but it's important to choose exercises that suit you. Try low-impact activities like yoga, Tai Chi, or walking to promote relaxation and reduce tension.



The Danielle Foundation
has free yoga classes
curated for migraine.

Sleep hygiene

Quality sleep is crucial for migraine management. Establish a consistent sleep schedule, practice relaxation techniques before bed, and create a dark, quiet, and cool sleeping environment to improve rest.

Stress reduction

Stress is a well-known trigger for migraine, and effectively managing it can significantly reduce the frequency of attacks.

Techniques like mindfulness meditation, deep breathing exercises, and progressive muscle relaxation are proven methods for lowering stress levels. Additionally, peer support groups or online communities can offer emotional support and practical advice from others who share similar experiences. Regularly incorporating these techniques not only helps alleviate stress in the moment but also builds long-term resilience against migraine triggers.

When a migraine does strike, using relaxation techniques can minimize its intensity and duration. Here are some in-the-moment strategies to try:

- Find a quiet, dark room to lie down and rest.
- Apply a cold compress to your forehead or the back of your neck for 15-20 minutes.
- Practice deep breathing or progressive muscle relaxation to release tension.
- If you're familiar with biofeedback techniques, use them to control physical responses like muscle tension and blood flow, which can help relieve the head pain.

Diet, nutrition, and supplements

Certain foods and drinks can trigger migraine, making it important to track dietary habits. Keeping a food diary can help identify specific problematic foods, as they can be different for everyone. Focus on a balanced diet rich in fruits, vegetables, and whole grains, while avoiding common triggers like aged cheeses, processed meats, alcohol, caffeine, artificial sweeteners, and foods with artificial flavors or MSG. Eating small, frequent meals throughout the day helps stabilize blood sugar, potentially preventing migraine attacks. Staying hydrated can also help.

A few tips

- Eat regular, balanced meals that include lean proteins, healthy fats, and complex carbohydrates.
- Keep healthy snacks, like fruits, nuts, or yogurt, on hand to prevent hunger-induced headaches.
- If you regularly consume caffeine, monitor your intake. Small amounts of caffeine may help during an attack, but overuse or withdrawal can cause rebound headaches. Aim to limit intake to 1-2 cups of coffee or other caffeinated beverages per day.
- Be mindful of specific alcoholic beverages that may be a trigger; for instance, red wine is a common trigger.
- Some individuals find relief from supplements such as magnesium, riboflavin (vitamin B2), and coenzyme Q10 (CoQ10). However, consult a health care provider before starting any supplements.



Find joy

Staying connected to activities that bring you happiness and fulfillment is essential, even—or especially—when dealing with a headache disorder. Whether it's spending time with loved ones, reading, enjoying time outdoors, or engaging in creative hobbies such as drawing, writing, or playing music, these activities can provide emotional relief, serve as a distraction from pain, and improve overall well-being. While it's important to honor your limits, staying engaged in life can help retain a sense of purpose and satisfaction, despite the challenges of chronic pain.

Practice self-compassion

On days when headache pain disrupts your plans, it's also important to practice self-compassion. It's easy to be self-critical or feel like a burden when attacks interfere with daily life, but being kind to yourself is key. Treat yourself with the same kindness and understanding you'd offer a loved one in a similar situation. Self-compassion can help reduce feelings of guilt and shame, allowing you to approach your condition with greater patience and acceptance.

Monitor and adjust

Regularly review your self-management strategies with your health care provider. Flexibility is essential, as each person's migraine experience is unique, and what works for you may change over time. Use a migraine diary to track your progress, and be open to adapting your approach as needed to find the right combination of strategies.

By actively participating in your care and adopting these self-management strategies, **you can better control your migraine and improve your quality of life.**

Remember to communicate openly with your health care team and seek support when needed.

"My life is about balance. Knowing what my migraine will let me do and finding joy in that."

Mitch S.



Emotional Well-Being

Living with migraine can deeply affect your emotional well-being. The unpredictability, intensity, and frequency of attacks can lead to frustration, anxiety, depression, and feelings of helplessness. You may feel constant stress from anticipating attacks, anxiety due to unpredictability, and depression as attacks disrupt daily life. Guilt, shame, and frustration can also arise when your condition affects loved ones or limits activities you once enjoyed.

Research has shown that individuals with migraine are five times more likely to develop depression and 2.5 times more likely to develop anxiety than those without migraine. Acknowledging this emotional toll is the first step toward managing it.

Strategies and treatments for mental health

Psychotherapy

Engaging in psychotherapy can be beneficial for individuals living with migraine. A licensed mental health

professional can help you develop coping strategies and address any emotional issues related to your condition. Specific types of therapy that may be particularly helpful:

- **Acceptance and commitment therapy (ACT):** Encourages you to accept your thoughts and feelings about migraine while fostering mindfulness and committing to actions that align with your personal values.
- **Cognitive behavioral therapy (CBT):** Emphasizes awareness of negative thinking so you can respond to challenges in a more productive, thoughtful way.
- **Psychoanalytic therapy:** Explores unconscious feelings or thoughts and how past experiences may influence your current emotional responses to pain.

"Therapy gave me the tools to break free from pain and reclaim my life, one step at a time."

Amy G.

Biofeedback therapy

During biofeedback, you're connected to sensors that provide information about your body functions, like heart rate or breathing. This feedback helps you identify how subtle changes, such as relaxing muscles or focusing on your breath, can impact those functions to help with pain, depression, or anxiety. A psychotherapist, occupational therapist, or physical therapist can offer biofeedback.

(Learn more about Danielle Foundation free biofeedback classes on page 19.)

Psychiatric care

Collaborating with a psychiatrist can provide access to medical treatments for anxiety and depression that may accompany migraine. Some medications used to treat mental health conditions, such as certain antidepressants, have also been shown to reduce migraine frequency and severity.

Peer support

Connecting with others who understand the challenges of migraine can be invaluable. Peer support groups, whether in-person or online, allow you to share experiences, gain insights, and learn coping strategies from those who are facing similar struggles.

"Knowing there's a space for me makes me feel seen, heard, and safe—like I'm not alone on this journey."

Kari M.

Meditation and mindfulness

Incorporating meditation and mindfulness practices into your routine can help manage the emotional toll of migraine. Techniques such as focused breathing, body scans, and guided imagery can help you stay present and reduce anxiety related to possible future attacks.

Stress reduction techniques

Finding effective stress reduction techniques tailored to your preferences is essential. Options may include aromatherapy, art therapy, journaling, gentle exercise, or spending time in nature. Explore different methods to discover what resonates with you and helps create a sense of calm.

Taking care of your emotional health is a vital part of managing migraine disease. By implementing these strategies, **you can empower yourself to navigate the challenges of migraine with greater resilience and hope.**

The U.S. Pain Foundation offers free monthly peer support group meetings online that provide compassionate support and evidence-based education to help people learn about pacing, resilience, coping, and more. The groups are peer-led and not a therapy group. To attend a meeting, visit

painconnection.org

Resources and Help

Numerous organizations and groups are dedicated to supporting individuals with migraine by offering education, awareness, resources, and support to help manage migraine and other headache disorders effectively. Here is a list of some of them:

Patient advocacy and nonprofit organizations

Alliance for Headache Disorders Advocacy (AHDA): allianceforheadacheadvocacy.org
American Academy of Neurology: aan.com
American Headache Society: americanheadachesociety.org
American Migraine Foundation: americanmigrainefoundation.org
Association of Migraine Disorders (AMD): migrainedisorders.org
Chronic Migraine Awareness, Inc.: cmaware.org
Clusterbusters: clusterbusters.org
Cluster Headache Support Group: chsg.org
Coalition for Headache and Migraine Patients (CHAMP): headachemigraine.org
Danielle Byron Henry Migraine Foundation: daniellefoundation.org
Facial Pain Association: facepain.org
Headache & Migraine Policy Forum: headachemigraineforum.org
HealthyWomen: healthywomen.org/condition/migraine
Hope in Pain: hopeinpain.org
MigraineNation Foundation: migrainenation.org
Miles for Migraine: milesformigraine.org
National Headache Foundation: headaches.org
NDPH (New Daily Persistent Headache) Research Foundation: ndphresearch.org
Patient Advocate Foundation: patientadvocate.org
U.S. Pain Foundation: uspainfoundation.org

Migraine education and support

Migraine Again: migraineagain.com
Migraine.com: migraine.com
Migraine Matters: patientadvocate.org/migrainematters
Migraine Meanderings: migrainemeanderings.com
Migraine Pal: migrainepal.com
Migraine World Summit: migraineworldsummit.com

Migraine programs and resources

Headache on the Hill: bit.ly/headacheonthehill
Migraine at School: migraineatschool.org
Migraine at Work: migraineatwork.org
Migraine University: headaches.org/migraineuniversity
Shades for Migraine: shadesformigraine.org

Disability rights groups

ADA National Network: adata.org
American Association of People with Disabilities: aapd.com
American Civil Liberties Union: aclu.org
National Disability Rights Network: ndrn.org
National Organization on Disability: nod.org

Suicide hotlines and help

988 Suicide and Crisis Lifeline: Call or text 988 | 988lifeline.org
Crisis Text Line: Text “HOME” to 741741 | crisistextline.org

Clinical trials and research participation

Antidote: uspainfoundation.org/pain/research
ClinicalTrials.gov: clinicaltrials.gov

Financial and practical support

Get Copay Help: getcopayhelp.com
GoodRx: goodrx.com
NeedyMeds: needymeds.org

About U.S. Pain Foundation

The U.S. Pain Foundation is a national 501(c)(3) nonprofit organization. Our mission is to empower, educate, connect, and advocate for all individuals who live with a chronic illness or serious injury that causes pain, as well as their caregivers or care partners and clinicians.

We are deeply invested in helping individuals through our programs and services, which are all free to patients, their families, and their providers. These include:

- ***INvisible Project*** - A print and online magazine sharing the personal stories of people living with chronic pain.
- **State and Federal Advocacy** - We fight for change at the state and federal levels, advocating for direct and affordable access to individualized, multidisciplinary pain care.
- **Pain Connection** - A national network of free online peer support groups. Trained volunteer peer leaders host state, national, daily, and specialized population meetings.
- **Pediatric Pain Warrior Program** - Serves children and their families through a family summer camp, in-depth retreats, programming featuring expert speakers, and more.
- **Building Your Toolbox** - A monthly educational series teaching individuals a pain management strategy or skill.
- **MyPainPlan.org** - An interactive site allowing individuals to explore 85+ types of treatments and create a personalized list to discuss with medical providers.
- **Storybank** - A tool to share your story online.
- **Volunteer Network** - Raises awareness about chronic pain, offers education and resources, and advocates for change at all levels of government.
- **Awareness Months** - Promote greater understanding of specific pain-related topics through activities, events, and initiatives during Pain Awareness Month in September and KNOWember in November.

Learn more at uspainfoundation.org

U.S. Pain collaborated with the Danielle Foundation to create this guide

About the Danielle Byron Henry Migraine Foundation

The Danielle Byron Henry Migraine Foundation is a national 501(c)(3) nonprofit organization. Our mission is to raise awareness and provide support and access to treatment for those living with migraine disease, especially young adults and children.

Programs and Initiatives:

- **Migraine at School** - Our foundational initiative provides critical resources to schools, students, and educators to support young people in managing migraine. From lesson plans to awareness materials, we empower schools to foster an environment where students with migraine can succeed. This program is at the core of our mission, helping to raise awareness and ensure that no child's education is held back by migraine.
- **Wellness for Migraine** - Reclaim your wellness with our free yoga, meditation, and seasonal mindfulness sessions tailored to ease migraine symptoms. These practices aim to reduce stress and improve the mind-body connection, offering relief and promoting balance. This self-care approach supports your journey toward effective migraine management.
- **Migraine Management - Tools for Lasting Relief** - Build your migraine toolbox with our six-week training. You will learn relaxation techniques, pain management strategies, and coping skills to manage migraine and the associated stress and anxiety they can cause. Advanced courses, including Autogenic Training, Forgiveness for Migraine, and Biofeedback, are also available. These courses will equip you with practical tools to manage migraine daily and for years to come.

Learn more at daniellefoundation.org

This educational booklet was created with support from Lundbeck. The U.S. Pain Foundation independently developed the content without review from its sponsor. This information is for educational purposes only and may not be used as a substitute for advice from a health care professional.



U.S. PAIN
FOUNDATION



Danielle Byron Henry
MIGRAINE FOUNDATION