Establishing Self-Care Habits
Taking care of yourself is a daily commitment. If you’ve been managing your migraine symptoms for a while, you know the importance of healthy habits. But when life gets busy and you change your routines, it’s easy for self-care to get lost in the shuffle.

These day-to-day actions can eliminate or reduce environmental triggers, helping you manage your migraine symptoms and decrease the chances of an attack.

Keep a consistent sleep schedule.
Maintain a regular bedtime routine, sleep for a consistent number of hours each night and prioritize good sleep hygiene. Avoid electronics before bed, and only use your bed for sleeping.

Move your body regularly.
The recommended amount of exercise is 30 to 50 minutes of moderate-intensity aerobic activity, three to five days a week. If you’re new to exercising, start with low-impact activities, like stretching, walking, swimming, cycling or using an elliptical machine.

Eat regular meals, stay well hydrated and avoid fasting.
To keep blood sugar steady, you may want to eat smaller, frequent meals throughout the day that are high in protein, fiber and healthy fats and low in processed foods. Drink at least eight 8-ounce glasses of water a day, and be aware of food triggers and caffeine intake.

The key here? The power of routine. In migraine management, focusing on consistency is key. Your daily habits will build a routine that helps your body and mind feel balanced.
Managing Stress

Transitions are often stressful, but being aware of your stress levels and carving out time for stress management can help you feel relaxed and migraine-free.

Quiet time for meditation, relaxation techniques, yoga or other calming activities is important. You don’t have to dedicate a lot of time to it, but being consistent will reduce your day-to-day stress.

And don’t forget to lean on your support system. Whether they live nearby or are a phone call away, the core people in your circle add fun, connection and support—all contributing to stress relief.

**Bonus Tip:** Hobbies are great for self-care. They help you find that mental “flow” and take your focus away from any stressful thoughts. Commit to doing something you enjoy on a regular basis—or try a new activity (take baby steps if you need to work up to it!).

---

**Transition To-Do’s**

- Find a doctor.
- Connect with new people
- Reach out to family and friends.
- Look into school resources.
- Get 6 to 8 hours of sleep each night.
- Eat healthy, regular meals.
- Stay hydrated.
- Be active and exercise.
- Establish a routine.
- Make time for hobbies.
- Rest and relax to manage stress.

The mission of the American Migraine Foundation is to mobilize a community for patient support and advocacy, as well as drive and support impactful research that translates into advances for patients with migraine and other disabling diseases that cause severe head pain. Visit [americanmigrainefoundation.org](http://americanmigrainefoundation.org) for more resources for people living with migraine and their supporters.