

Building Confidence with Migraine

Migraine has a way of eroding confidence. Find out how you can build it back, for good.

Why

Research shows that having confidence in your ability to achieve a specific goal is a huge factor in actually getting there. That type of belief in yourself is called **self-efficacy**. Unfortunately, migraine often erodes self-efficacy because it so readily disrupts plans, progress, and aspirations – chipping away at the belief that you have control over your life. But there are ways to build it back.

What

Building self-efficacy largely involves reflecting on our actions, in 5 specific ways.

Mastery

Building on your own past experiences in achieving successful outcomes

Vicarious Experiences

Observing others who are similar to yourself achieve similar goals

Verbal Persuasion

Incorporating feedback from trusted others

Emotional and Physical Reactions

Regulating your bodily and emotional responses

Imaginal Experiences

Drawing on the power of visualizing yourself succeeding

How

Strengthening self-efficacy requires getting highly specific about the change you want to make. Start by setting goals that are attainable and also motivate you. To help sustain your motivation, write down your goal, the action steps it will take to get there, and why your goal is important to you. Then, with your foundation in place, it's time to build.

High self-efficacy is correlated with less anxiety and more coping skills.

Take the next step:

Complete the below activity over the next week to build your sense of Mastery – the most potent strategy for building self-efficacy. Remember, this is a process that takes time and self-reflection.

Write down what you consider your prior achievements. Think of anything that brings you a sense of accomplishment or pride. Then, write down how you overcame any obstacles along the way. Identify at least one way those acts of perseverance and creativity can apply to your current goals and help you prepare for the potential impact of migraine.

If you are interested in continuing your progress commit to our Self-Efficacy module in the Ctrl M Health app. One small step at a time, you can build your self-efficacy, which will keep you moving forward when obstacles, like migraine, get in the way.

There is progress ahead. Sign up for your free 2-week app trial to try these activities and more at ctrlmhealth.com.

