

# Connectedness and Migraine

Feeling connected to meaningful people and things matters for migraine.

## Why

Migraine is an isolating disease. Coping with an attack often requires darkness, quiet, and refraining from activity, causing a sense of disconnection. Yet, connectedness is crucial for health and correlated with things like protection against illness, reduced anxiety and depression, and longevity. A simple hug is enough to release protective hormones that blocks a protein implicated in migraine attacks.

## What

Connectedness means having relationships, work, activities, and forms of play that bring you a sense of meaning, fulfillment, and purpose. This could be walking with a friend, engaging in a hobby, or volunteering for a cause. So how can you strengthen connectedness when migraine can so easily get in the way?

## How

Weave connectedness into your everyday life. It's helpful to identify a range of connectedness activities you enjoy, so that you're ready to adapt if migraine gets in the way.

For example, an active activity might be in-person events; less active forms could be calling or texting a friend.

**Up to 90% of people with migraine report feeling isolated.**

## Take the next step:

Take the next two weeks to implement the steps below and build your connectedness.

### Step 1

Say "yes" to plans. Whether you're making plans or considering invites from others, start from the expectation that you won't have a migraine attack, and put it on your calendar. There are strong correlations between intentions and outcomes, so saying "yes" to plans can be a turning point in strengthening your connectedness.

### Step 2

Commit to at least one form of connectedness per day, identifying what connectedness activities you might enjoy. Consider active forms of connectedness the default, but also write down a list of migraine-friendly alternatives. Remember, this can be as simple as posting in an online support group or asking for a hug.

**Your ability to connect will continually change depending on your health. But you are adaptable. When migraine attacks disrupt your plans, try to flexibly apply different forms of connectedness, and be extra compassionate with yourself.**

There is progress ahead. Sign up for your free 2-week app trial to try these activities and more at [ctrlmhealth.com](https://ctrlmhealth.com).

