

Grow In Your Life With Migraine

What is **growth** and how does it affect migraine?

Why

Managing migraine can leave us feeling stuck in the recurrent pain and suffering. It can also lead to developing a fixed mindset — the belief that nothing is going to change or improve. But fixating on pain and helplessness is known to increase migraine. A growth mindset, on the other hand, actually reduces suffering and encourages active coping, so you can make progress.

What

Growth is our ability to see our setbacks as learning experiences. A growth mindset with migraine means accepting that some things are out of your control. Letting go of the things you can't control frees you to focus on what you can control. Then you can commit to taking actions that are in line with your values. That's how you get unstuck.

How

Notice when you are in a "fixed pain mindset," which is the expectation that pain will only get worse and there is nothing you can do about it. Meet this feeling with self-compassion. Acknowledge it is a natural reaction to suffering.

Take the next step:

The next time you feel yourself experiencing a fixed pain mindset, use this guide to move you toward growth.

First, identify ways you try to avoid pain. Some avoidance behaviors are helpful, like avoiding dehydration. However, some aren't, like avoiding exercise, social situations or playing with your kids. While intended to protect you from the next attack, these unhelpful avoidance behaviors create unnecessary suffering by taking you away from the people and things you love most — which ultimately worsens migraine.

Next, identify the people and things that matter most to you. Consider areas of your life like intimate relationships, parenting, social relationships, family relationships, work, spirituality, health, and leisure.

Finally, identify if a particular behavior is taking you toward or away from those people and things. That allows you to make an informed decision about whether you are taking actions in accordance with your values, while still honoring your healthy migraine limits. For example, say yes to invitations and plan for success with a self-care plan leading up to the event.

To continue your progress, read the **Growth Pillar** in the Ctrl M Health app and complete our **Values Exploration** activity.

