

How Ready Are You for Change?

Knowing your state of readiness to make lifestyle changes for migraine is just as important as knowing what to do.

Why

Many people with migraine know what lifestyle behaviors could help them, but struggle to make changes due to the unpredictable and relentless nature of migraine.

Understanding how ready you are to make those changes can be the difference between achieving and not achieving your goals.

What

These different levels of readiness are called the **Stages of Change**. The stages of change range from 'Precontemplation' to 'Maintenance' (see below). There is no 'right' place to be. Rather, it's about knowing where you are and planning for what you need to get to the next step. This is how you create progress, in spite of migraine.

How

Identify your stage relating to the change you want to make. Each stage of change calls for different types of support. Taking action steps tailored to your current stage will help keep you moving toward your goals.

Be patient with yourself: Each stage can take weeks to months. Go at the pace that works for you.

Take the next step:

Consider one lifestyle change that would support your management of migraine. Then identify your **stage of change** below. You can use your two-week free trial of the Ctrl M Health app to complete the **How to Create Change** module and learn sustainable ways to incorporate lifestyle behaviors that can improve your migraine.

Precontemplation

I don't intend to make lifestyle changes in the next 6 months or don't see how they will benefit me.

Contemplation

I see the benefits of the change, but am not ready or don't know how to take action.

Preparation

I have decided to take action and have started preparing my plan.

Action

I have already started incorporating lifestyle changes.

Maintenance

I have seen the benefits of the change and am focused on keeping up my routines.

There is progress ahead. Sign up for your free 2-week app trial and try the recommendations based on your stage of change at ctrlmhealth.com.

