

Self-Awareness for Migraine

Understanding your inner experience makes a big difference in your migraine management.

Why

Stress and migraine fuel each other. Stress can trigger migraine attacks; and living with migraine is stressful, leading to even more attacks. You can't always control your stressors. But you can control your internal response to those stressors in ways that help manage migraine.

What

Self-awareness involves tuning into the full spectrum of your thoughts, emotions, and behaviors. This trains the brain to default to a relaxation response, rather than a stress response.

You can do this through mindfulness, meditation, relaxation, and emotion regulation. With consistency and time, these practices help to raise the brain's resistance to migraine symptoms.

How

This training can start with just two minutes a day. The goal is to work your way up to 20 minutes per day, which is the amount of time shown to have a meaningful positive impact on migraine, mood, and anxiety.

Consistency is key. Even just a few minutes of a daily self-awareness practice, like focused breathing, can improve your resilience against migraine attacks.

4 out of 5 people with migraine identify stress as a trigger.

Take the next step:

Take the next two weeks to practice this daily breathing exercise below. It's a simple but powerful way to help reset the stress response. From here, begin to build up to 20 minutes of self-awareness practice per day. You can use your two-week free trial of the Ctrl M Health app to try different techniques to find the ones that work best for you. Visit: ctrlmhealth.com/app

Focused Breathing

Your breath sets the foundation for all forms of self-awareness. Begin by breathing a little slower and a little deeper. Then, try extending your exhale a little longer. For example, try inhaling for four seconds and exhaling for six. Find the rate and rhythm that feels comfortable for you and not strained. Practice for at least three minutes a day. If it's helpful to have a guide, try the Ctrl M Health **Breathing Tool** in the app.

