

# 10 ways to manage your migraine in the workplace

## Recognise early symptoms

Pay attention to early signs of a migraine, such as aura, light sensitivity or mild headache. Addressing symptoms early can prevent them from worsening.



## Take medication promptly

Keep prescribed migraine medication at your desk or in your bag and take it as soon as you notice symptoms. Over-the-counter pain relief can also be effective for some people.

## Move to a quiet, dark space

Rest in a darker, quieter environment for a few minutes to help reduce symptoms. Make sure your manager or colleagues are aware of where you are!



## Apply cold or warm compresses

Use a cold pack or a warm compress on your forehead or the back of your neck to alleviate pain. Cold packs can numb the pain, while warm compresses can relax tense muscles.

## Stay hydrated

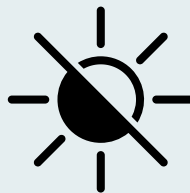
Dehydration can trigger or worsen migraines, so ensure you drink plenty of water throughout the day to stay hydrated. You could even keep a water bottle at your desk as a reminder.



# 10 ways to manage your migraine in the workplace

## Adjust lighting and screen settings

Adjust the brightness of your computer screen and overhead lighting to make it less harsh. You could also invest in anti-glare screen covers and consider using blue light filter glasses.



## Practice breathing techniques

Practice deep breathing, meditation or progressive muscle relaxation to reduce stress and tension, which can exacerbate migraines.

## Take regular breaks

Ensure you take short, frequent breaks away from your computer screen and workspace. Enjoying a brief walk or stretch can help reduce any muscle tension or eye strain.



## Eat regularly and healthily

Avoid skipping meals and maintain a balanced diet to keep blood sugar levels stable. Keep healthy snacks at your desk to prevent hunger-induced migraines.

## Communicate with your manager

Make sure you let your manager or HR know about your condition so that they can discuss possible accommodations, such as having a designated rest area and introducing flexible working hours or the option to work from home during severe migraines.

