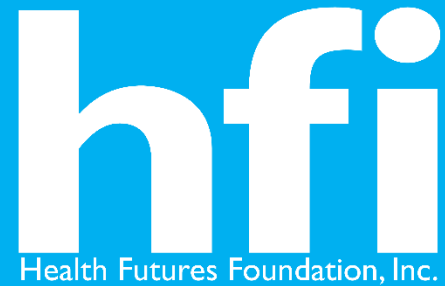


STRESS-INDUCED HEADACHE

Supportive Management

- Have a restful, regular sleep. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.
- Be physically active. Take part in your favorite sport or physical activities. Even brisk walking is a good exercise. Do brisk walking at least 30 minutes a day and 5 times a week.
- Take breaks from stressful situations.
- Learn to say no. Acknowledge own limits.
- Schedule time for hobbies and other enjoyable recreational activities.
- Keep a journal and express innermost thoughts and feelings.
- Spend time with loved ones.
- Let go of grudges. Learn to forgive.
- Express gratitude.
- Perform relaxation exercises (e.g. deep breathing, music therapy, meditation).
 - **Perform deep-breathing exercises.**
 - Find a quiet and comfortable place where you can be alone with yourself.
 - Sit upright in bed or chair, and find a comfortable position.
 - Place one or both hands over the abdomen, just below the ribs.
 - Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
 - Feel the abdomen rise with each inhalation, and as far as possible.
 - Through a pursed-lip, breathe out. Breathe out for a count of seven.
 - Feel the abdomen sink with each exhalation.
 - Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.
 - **Engage in music therapy.**
 - Choose a soothing, therapeutic song. Research findings indicate that music with slower tempo (60 beats/minute) induces a calming, relaxing effect. Sounds of nature (drops of rain, flowing waterfalls) are also relaxing. But the best relaxation music ultimately depends on each person's preference – whichever music one finds relaxing (albeit upbeat or moderately loud) – may be used for music therapy.
 - Relax before and during the music therapy by performing deep breathing exercises (see instructions above).
 - Listen actively to the music. Feel the music. Focus your mind on the music, get lost in it – listen to every beat and every silence in between. Let the music's mood influence yours.



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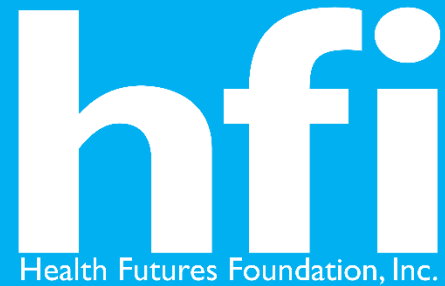
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STRESS-INDUCED HEADACHE

Supportive Management

– Engage in meditation.

- Meditation is a calming activity which restores inner peace. It brings the body into a deep state of relaxation and produces a peaceful mind. It enables one to redirect the mind away from thoughts that bring stress, anxiety, or tension.
- Walking meditation – https://www.youtube.com/watch?v=7t70V_bnds
- Qi Gong – <https://www.youtube.com/watch?v=Ac08kMK-dyl>
- Yoga – <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- Guided Imagery – https://www.youtube.com/watch?v=gU_ABFUAVAs



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