



Handling Family and Social Expectations With Your Migraines

The tips below can help you let family and friends know what to expect when you have a migraine.

► Family tips

- Have a backup plan for meals if you are the regular cook; you can make meals ahead of time and put them in the freezer or keep a file of take-out restaurant menus
- Plan for support if you get a migraine; find a friend, relative, or neighbor who can help with your children, run an errand, or drive you somewhere
- Ask children to do quiet activities during a migraine attack and help you if they are old enough; they might be able to watch a quiet movie or bring you a glass of water or your migraine survival kit



► Social tips

Almost one-third of people in one migraine study thought about their migraines when they planned social events. Some of that thinking can take the form of planning ahead.

- Consider places and activities that do not trigger migraines, like quieter concerts instead of loud rock concerts
- Don't feel like you need to attend every social event to which you are invited



- Carry earplugs and sunglasses to help at loud and bright places
- Let family and friends know you feel badly if you cannot attend an event

► Travel and vacation tips

- Plan ahead and give yourself plenty of time to pack and do errands before a trip
- Keep your stress level down before travel to avoid “letdown migraine” after you leave
- Drink plenty of water
- Be aware of temperature, altitude, and time-zone changes and how they might affect you, and be prepared; for example, pack a sun hat to help you stay cool on vacation in a warm climate
- Try to stay on your regular sleep, meal, and medication schedule
- If you are flying, keep your medications and migraine survival kit in your carry-on luggage
- If you are driving, travel with someone who can take over the driving if you get a migraine
- Plan ahead for business trips, and consider letting a colleague know what to do if you get a migraine while working or on the road

Be aware of temperature, altitude, and time-zone changes

Developed by Med-IQ in collaboration with the National Headache Foundation.