



## HOLLY'S HELPFUL MIGRAINE PREVENTION TIPS

1. **Take little five minute breaks** throughout the day. Dance to your favorite song. Go outside and stand in the sunshine or the rain. Take some deep breaths. Do whatever makes you feel calm and happy.
2. **Educate yourself** about migraines, and *your* migraines. Knowledge brings with it a confidence to make wiser choices. Here are my top three places to begin your quest for knowledge: watch the [Migraine World Summit](#) (every year); enroll in the [Migraine Pain Management course](#) (the first module is free); discover how to reduce stress, manage pain and prevent attacks by reading my [Migraine Management e-book](#).
3. **Drink healthy** things instead of alcohol. (Duh!) Staying well hydrated is crucial - find out why [here](#).
4. **Laugh**. Watch a funny movie or TV show. Set aside some time for a good old Netflix binge!
5. **Move that body!** Even if you only have ten minutes, go do something you find fun - exercise is proven to reduce migraine occurrences.
6. **Be with people** whose company you enjoy. Talk to a friend on the phone, or go meet them for a walk.
7. **Schedule in some "me" time**. Make time for the things you love or that make you happy, calm or relaxed.
8. **Eat healthy migraine safe** snacks twice a day to help keep your blood sugar levels steady.
9. **RELAX!** Have a massage, read a good book, draw... whatever reduces your stress levels.
10. **Take a nice hot bath** with Epsom salt and lavender essential oil. [Sea Salt from the Dead Sea](#) is even better.