

GLOSSARY

- **Activity pacing** — A strategy to modify activity frequency or intensity among patients with chronic pain or other long-term conditions (including migraine). The goal of activity pacing is to intersperse periods of moderate activity with short to medium periods of rest in order to reduce cycles of overactivity and underactivity.
- **Advocacy** — The act or process of supporting a cause, proposal, or set of policies. For patients with migraine, advocacy often involves speaking out about your experiences with migraine and talking to local or federal representatives about how they might best support the migraine community.
- **Americans with Disabilities Act (ADA)** — Passed in 1990, the ADA is a civil rights law that prohibits discrimination against individuals with disabilities in areas such as school and work. Under the ADA, migraine disease may be considered a disability if your physician provides records stating that the physical impairment resulting from migraine attacks significantly limits one or more major life activities.
- **Behavioral treatment** — An umbrella term for various types of therapies that treat mental health symptoms or disorders. Behavioral therapies seek to address behaviors that may be maintaining or aggravating mental health symptoms.
- **Biofeedback** — A technique used to bring awareness and control to body functions, such as heart rate and breath. Sensors help patients receive information about their body (e.g., muscle tension) that they can use to consciously make subtle changes (e.g., relaxing muscles).
- **Capacity theory** — The idea that individuals have a limited ability to process sensory information. Mindful attention to alternative activities, therefore, can at times be helpful in reducing the experience of pain.
- **Chronic migraine** — Characterized by having more headache days than not (i.e., 15 or more headache days every month for at least three months).
- **Cognitive behavioral therapy (CBT)** — A type of behavioral treatment that has been demonstrated to be effective for a range of mental health symptoms as well as for addressing symptoms of chronic pain. The goal of CBT is to bring awareness to patterns of thinking or behaviors that provoke or intensify feeling of distress, in order to ultimately promote positive behavior change.
- **Cognitive behavioral therapy for insomnia (CBTi)** — An approved behavioral treatment to address symptoms of insomnia without the use of medication. CBTi is a structured program that can help you identify and replace thoughts or behaviors that cause or worsen sleep difficulties with habits that promote better quality sleep.
- **Episodic migraine** — Characterized by having less than 15 headache days every month. High frequency: 9–14 headache days per month. Low frequency: 0–8 headache days per month.
- **Family and Medical Leave Act (FMLA)** — Provides certain eligible employees with up to 12 weeks of unpaid, job-protected leave on an annual basis and allows employees to maintain health care coverage during their time away. FMLA applies to all public agencies, private and public-school employers, and companies with 50 or more employees.
- **Health** — A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.
- **Migraine attack** — Characterized by moderate to severe head pain, lasting 4–72 hours (if left untreated), and often accompanied by symptoms such as nausea, vomiting, dizziness, aura, sensitivity to light and sound, and pain in the face and neck.
- **Migraine disease** — A chronic neurological disease in which a person has had at least five migraine attacks in their lifetime.
- **Migraine trigger** — Some change, event, lifestyle factor, or environmental influence that precedes a migraine attack.
- **Mindful attention** — A receptive awareness of and attention to activities taking place or emotions experienced in the present moment.

- **Relaxation** — A process to decrease the effects of stress on your mind and body. Guided relaxation allows you the assistance of a trained professional (either in person or via audio or video recording) in slowing down the sympathetic nervous system, which is responsible for producing the stress response.
- **Stress** — A feeling of emotional or physical tension. Daily stress is the short-lived experiences of stress that occur on a regular basis, often stemming from everyday responsibilities. Chronic stress is long-term and open-ended, and can have serious impacts on physical and emotional wellbeing. Examples of chronic stress might include the experience of living in poverty or being unemployed.
- **Stigma** — A socially and culturally embedded process through which individuals (such as people who have migraine) experience stereotyping, devaluation, and discrimination. Stigma potentially impacts quality of life, behavior, and life chances.
- **Weekend migraine** — Also referred to as “Saturday syndrome” or “let-down headaches,” these attacks are triggered by a change in routine, such as those changes that occur from Friday night to Saturday morning during a work week (e.g., sleeping later, eating different foods, and drinking alcohol or caffeine in different amounts or at different times).
- **Wellness** — More than a state of physical health, wellness is a dynamic journey to achieve wellbeing across a variety of areas, including environmental, physical, social, intellectual, work, and emotional realms.