

WELLNESS AND MIGRAINE

Wellness is a journey and a lifelong practice.

HEALTH

THE ABSENCE OF DISEASE, THE ABILITY TO RECOVER FROM ILLNESS OR INFIRMITY, AND A STATE OF PHYSICAL, MENTAL, AND SOCIAL WELLBEING



WELLNESS

THE ACTIVE PURSUIT OF ACTIVITIES, CHOICES, AND LIFESTYLES THAT LEAD TO A STATE OF HOLISTIC HEALTH

Migraine is a chronic neurological disease that frequently causes intense, debilitating headaches as well as other symptoms such as nausea and sensitivity to light and sound.

For patients with **chronic** or **episodic migraine**, a variety of medical treatments are available to help prevent migraine attacks or interrupt an attack after it starts. Working with a physician to address physical symptoms is an important priority. However, people with migraine can also take steps to enhance their overall wellness to achieve a full and functional life.

Pursuing wellness in addition to working with your physician to achieve good physical health can help you to feel as though your life is not controlled by your migraine attacks.

This toolkit provides a guide for pursuing **wellness** and living your best life, even while dealing with migraine. We hope this guide helps you begin your journey toward living well with migraine.

Wellness...

- Is multifaceted and multidimensional.
- Extends beyond physical health.
- Involves the active pursuit of a strong quality of life.
- Is dynamic — not just a state of being.

Balancing wellness across the following areas is possible, even for patients with migraine:



PHYSICAL



ENVIRONMENTAL



SOCIAL



WORK



EMOTIONAL



INTELLECTUAL

A Guide for Your Migraine Care

If you need help understanding your migraine disease diagnosis and navigating the health care and insurance system, check out SWHR's first migraine toolkit on our [website](#).



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Women's Health Research