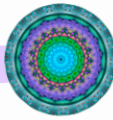


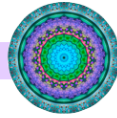
MAIN MESSAGES FROM WEEK #3:

MY PAIN DOES **NOT** DEFINE ME



MAIN MESSAGES FROM WEEK #2:

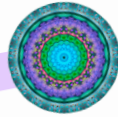
I **WILL** GET THROUGH THIS




WEEK #2	WEATHER	MIGRAINE?	PAIN (1-10)	PAIN TYPE	LOCATION	DURATION	SYMPTOMS	MEDICATION	TRIGGERS?
MONDAY									
TUESDAY									
WEDNESDAY									

MESSAGES FROM WEEK #1: May 2024
Heat and dehydration seemed to be my main triggers
3 days of productive work due to migraines
Migraines all right-sided

I **AM** MORE THAN MY PAIN



WEEK #1	WEATHER	MIGRAINE?	PAIN (1-10)	PAIN TYPE	LOCATION	DURATION	SYMPTOMS	MEDICATION	TRIGGERS?
MONDAY	Mild	Headache	1	Throbbing	Temples	2 hours		Half a tablet	Lots of reading at work
TUESDAY	Very hot	Migraine	4	Pulsing	Right eye, temple and back of head	8 hours	Nausea, sore neck		?
WEDNESDAY	Mild & windy	x							
THURSDAY	Rainy	x					24 hours	Vomiting	Two tablets 4 hours apart Missed meal, dehydration, stress
FRIDAY	Hot	Migraine	7	Crushing	Right eye, temple and back of head	12 hours		Two tablets 4 hours apart	Lack of sleep due to yesterday
SATURDAY	Mild	Migraine	4	Stabbing	Right temple	12 hours		Nausea & sore shoulders	Hangover headache
SUNDAY	Cold & rain	Headache	2	Throbbing	Temples	2 hours			

TheMindfulMigraine.Blog MIGRAINE TRACKER helping you with your holistic healing journey: you're not alone



MAIN MESSAGES FROM WEEK #1: May 2024

Weather and dehydration seemed to be my main triggers
 Lost 3 days of productive work due to migraines
 Migraines all right-sided

SAMPLE

I AM MORE THAN MY PAIN



WEEK #1	WEATHER	MIGRAINE?	<u>PAIN (1-10)</u>	PAIN TYPE	LOCATION	DURATION	SYMPTOMS	MEDICATION	<u>TRIGGERS?</u>
MONDAY	Mild	Headache	1	Throbbing	Temples	2 hours			Lots of reading at work
TUESDAY	Very hot	Migraine	4	Pulsing	Right eye, temple and back of head	8 hours	Nausea, sore neck	Half a tablet	?
WEDNESDAY	Mild & windy	x							
THURSDAY	Rainy	x							
FRIDAY	Hot	Migraine	7	Crushing	Right eye, temple and back of head	24 hours	Vomiting	Two tablets 4 hours apart	Missed meal, dehydration, stress
SATURDAY	Mild	Migraine	4	Stabbing	Right temple	12 hours	Nausea & sore shoulders	Two tablets 4 hours apart	Lack of sleep due to sick yesterday
SUNDAY	Cold & rain	Headache	2	Throbbing	Temples	2 hours			Hangover headache

<< check the blog for advice

check the blog for advice >>

use descriptive words >>

<< look for patterns

<< record the highest number of the day

<< try to notice the difference

MAIN MESSAGES FROM WEEK #1:

I AM MORE THAN MY PAIN



WEEK #1	WEATHER	MIGRAINE?	<u>PAIN (1-10)</u>	PAIN TYPE	LOCATION	DURATION	SYMPTOMS	MEDICATION	<u>TRIGGERS?</u>
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

MAIN MESSAGES FROM WEEK #2:

I WILL GET THROUGH THIS



WEEK #2	WEATHER	MIGRAINE?	<u>PAIN (1-10)</u>	PAIN TYPE	LOCATION	DURATION	SYMPTOMS	MEDICATION	<u>TRIGGERS?</u>
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

MAIN MESSAGES FROM WEEK #3:

MY PAIN DOES **NOT** DEFINE ME



WEEK #3	WEATHER	MIGRAINE?	<u>PAIN (1-10)</u>	PAIN TYPE	LOCATION	DURATION	SYMPTOMS	MEDICATION	<u>TRIGGERS?</u>
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

MAIN MESSAGES FROM WEEK #4:

THE PAIN **WILL** PASS



WEEK #4	WEATHER	MIGRAINE?	<u>PAIN (1-10)</u>	PAIN TYPE	LOCATION	DURATION	SYMPTOMS	MEDICATION	<u>TRIGGERS?</u>
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									