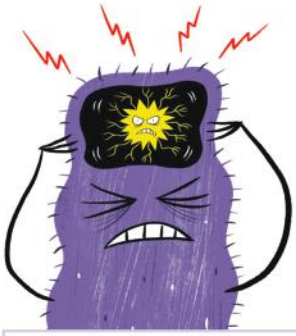
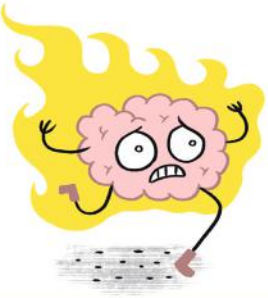


*Headache Toolkit:*

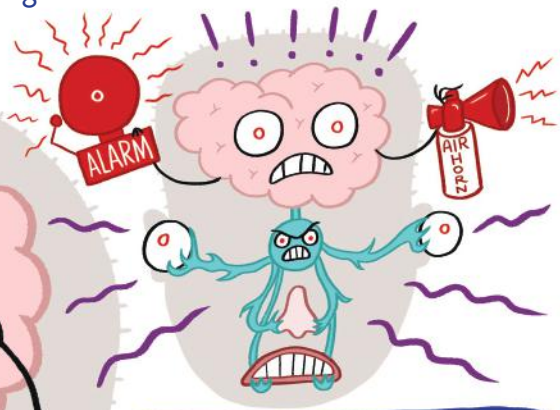
# Soooo... You're having a HEADACHE?



**DID YOU KNOW?**

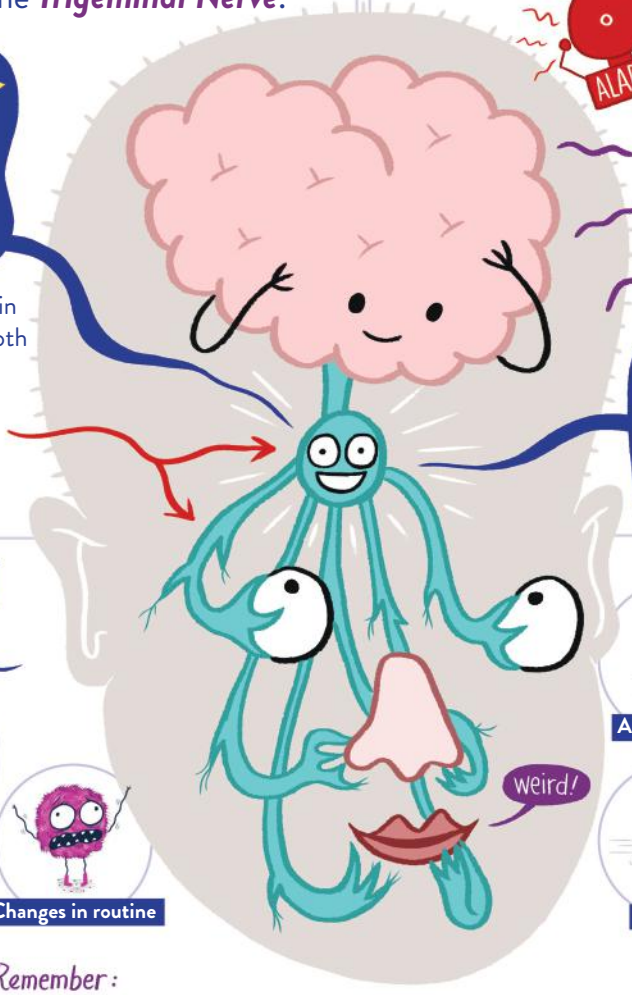
There are over 200 types of headaches, with *MANY* different causes, but the **most common headaches** are caused by sensitivities of something called the ***Trigeminal Nerve***.

When it gets annoyed, the trigeminal nerve releases signals to your brain, which responds by sounding an alarm in the form of a headache.




I'm the ★ of this Show!!

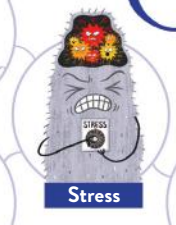
The ***Trigeminal Nerve*** originates in the brain stem and runs down both sides of a person's face. It sends and receives nerve signals from the eyes and face, and is also responsible for motor functions such biting and chewing.




I can be quite temperamental (and can also be linked to a person's genetics), but in general here are some of my likes and dislikes...

**DISLIKES**

Bad diet



Stress

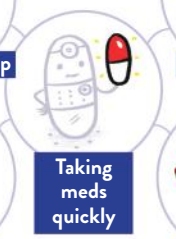
Screens


Changes in routine

Improper sleep

**LIKES**

Adequate sleep


Taking meds quickly

Healthy diet

Exercise

Consistency

*Just Remember:*

**There are a lot of things you can do to take control in order to help yourself feel better.**

***Headaches are not your fault.***

The longer these pain cycles repeat, the harder it is to turn them off down the road. If you start managing your pain properly now, the easier it will be in the long run!

*For more info, check out our **FREE***
**Headache Resources!**

Meg Foundation
MEGFOUNDATIONFORPAIN.ORG

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