What Behavioral Factors Contribute to Migraine?

**Depression**
- About 40% of people with migraine also have depression.
- People with migraine are twice as likely to have considered suicide than people without migraine.
- More than 66% of people with bipolar disorder have migraine.

**Anxiety**
- More than half of people with migraine will have at least one anxiety disorder during their lives.

**Sleep**
- Sleep disorders are common among people with migraine.
- More than two thirds of people with chronic migraine also have insomnia.
- Behavioral treatments for insomnia can help you get better sleep, and may help reduce your migraine frequency.

**Consistent Daily Schedule**
- Having a consistent mealtime, bedtime, and daily aerobic exercise are important for people with migraine.
- Staying consistent in these three areas has been associated with low attack frequency in people with migraine.

**Taking Medication**
- Approximately half of people with migraine do not take their medications as recommended by their doctor.
- With preventive medications:
  - taken daily to reduce attack frequency
  - fitting them into your daily routine is a good strategy

**Stress**
- Stress is the body's automatic response to demands or challenges.
- 4 out of every 5 people with migraine report stress as a trigger.
- Both increases and decreases in stress are associated with migraine attacks.

What Are Behavioral Migraine Treatment Options?

**Behavioral treatments help people with migraine address lifestyle factors to improve migraine management.**

Some behavioral treatments that have evidence showing they reduce migraine frequency include the following:

**Relaxation Training**
- Daily relaxation practice can help you achieve a physical and mental state of calm and reduce migraine attacks.

**Cognitive Behavioral Therapy**
- Teaches you how to break this cycle to produce a better outcome.
- Core Belief: Nothing I do matters.
- Intermediate Belief: I can't manage my condition.
- Situation: Running late, No time to eat, Missed the bus.
- Catastrophizing: Will lose my job, Will get the worst attack.
- Behavior: Push through at work, Skip meal.
- Emotion: Stressed and anxious.

**Biofeedback Training**
- Provides instant information so you can observe and modify your body's reaction to stress.

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**References**