

What Are Your Migraine Triggers?

A migraine trigger is anything that acts like a switch to set off a migraine. Each person has his or her own triggers. Check your triggers below:

Food

- Wine, beer, and whiskey
- Some cheeses (Cheddar, Brie, Stilton, Camembert)
- Artificial sweetener (in food and drinks)
- Caffeine (in coffee, tea, soda)
- Nuts
- Preserved meats (lunch meats, hot dogs)
- MSG (in meat tenderizer, some Chinese food, or other food)
- _____

Changes

- Too much sleep
- Too little sleep
- Missed meals
- _____

Stress

- Work stress
- Family or personal stress
- Strong feelings
- _____

Environment

- Change in weather or temperature
- Strong smells
- Bright lights
- _____

Hormones

- Monthly menstrual period
- Ovulation
- Birth control pills
- Hormone replacement therapy

Now that you know your triggers:

- ✓ Try to avoid the ones you can.
- ✓ Talk with your doctor about ways to manage the ones you cannot avoid.

Migraine And Depression

If you have migraines, you may be more likely to have depression.

Do you have symptoms of depression?

Depression affects people in many ways. Check the questions that have been true for you over the past 2 weeks.

- Have I felt sad or down?
- Have I not cared about things I liked before?
- Have I been eating more or eating less?
- Have I felt tired?
- Have I felt anxious?
- Have I not been able to think or make up my mind?
- Have I felt like I am not worth much?
- Have I been sleeping too much or too little?
- Have I thought about dying or killing myself?

Talk to your doctor if you have checked 5 or more of these symptoms.

Getting help for depression may help you with your migraines

- Your doctor may talk to you about treatments for depression.
- If you take a depression medicine, make sure all your doctors know about it.
- Talk to your doctor before you stop or change any medicines.

Headache Diary

- Use this diary to mark when you have headaches.
- Use the **Code Letters** to tell what happens each time.
- Talk with your doctor about this diary.

31-Day Chart: From _____ To _____
month-day-year month-day-year

day 1	day 2	day 3	day 4	day 5	day 6	day 7	
day 8	day 9	day 10	day 11	day 12	day 13	day 14	
day 15	day 16	day 17	day 18	day 19	day 20	day 21	
day 22	day 23	day 24	day 25	day 26	day 27	day 28	
day 29	day 30	day 31	Code Letters: M = Migraine (Circle the M if your migraine is worse than usual) H = Headache (not migraine) S = Other Symptom (like sick to your stomach) MED = Took Medicine W = Missed Work or School A = Missed Activity			For Women: Circle each day of your period	