

Steps to take to reduce the impact of migraine at work

You can make a number of adjustments in your work environment to minimize the disruption a migraine can have on your productivity. Try the following:

- Keep acute care treatments available.
- Learn relaxation and stretching exercise routines that you can perform in your work area.
- Employ stress management and work simplification tasks.
- Identify and address work duties that seem to aggravate you headaches such as poor posture at the computer, or repetitive neck bending to hold a phone between your ear and shoulder or to perform other tasks.
- Make simple alterations to your work area including putting a brick under your feet to improve your posture; changing the height of your chair, table, or computer; or using a telephone headset.
- Keep healthy snacks and a water bottle nearby to avoid the possible consequences of fasting.
- Play a relaxation tape during break time.
- Consult with an occupation therapist if you have significant issues that compromise your ability to work to your full potential.
- Discuss with your doctor possible triggers-stress, sleep deprivation, fasting, muscle tension, or certain foods-so that you can develop strategies to reduce their effect on you headache. Remember though: not everyone has identifiable triggers. In fact, few people can identify obvious triggers for every headache.