

MIGRAINE

PROMOTING HEALTH IN THE COMPANY: STRESS MANAGEMENT

EMHA | 2025 | MIGRAINE FRIENDLY WORKSPACE



Your health is
our *priority*

Stress management

It implies a change of attitude towards life and work. Controlling it will prevent health repercussions and improve your Migraine management.

*Don't let stress control your life and take care of your mental health.
We help you with some simple guidelines that you can apply in your daily life.*

Stress is one of the main factors in triggering a migraine attack or worsening its intensity.

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There are many ways you can learn to manage work stress.



Stress can cause problems in your health, but it can also have repercussions on your family and social environment and complicate your work and personal development.

The causes of work-related stress are different for each person, although there are aspects that tend to be common in all cases: workload, work demands poor interpersonal relationships, job instability or uncertainty, among others.

REMEMBER

A certain degree of stress is often motivating at work, but when it is excessive or uncontrolled, its effects are negative.

Take some time daily to relax and unwind for a few minutes; this will help you get back to work in better conditions.

We help you with a few simple *tips*

01

Set achievable goals for your work. Organise tasks and schedule your daily activity. Set limits to everything that involves occupational hazards or affects your health.

02

Keep a good relationship with your colleagues at work and a satisfying social life outside work. Don't forget to take part in outdoor activities.

03

Practice every day some relaxation exercise that will help you to unwind. You can do it alone, or in the company of others.

04

If you find that you cannot manage stress on your own, consult your occupational doctor.

