

MIGRAINE

PROMOTING HEALTH IN THE COMPANY: LIFESTYLE HABITS

EMHA | 2025 | MIGRAINE FRIENDLY WORKSPACE



Your health is
our *priority*

Healthy lifestyle *habits*

These are recommended behaviors that should be incorporated into daily life and contribute to physical, mental, social, and occupational well-being.

Maintain a routine of physical activity, adequate nutrition, and avoid toxic substances.

For people who suffer from migraine:

Physical activity must adapt to each particular situation, without overdoing it, but avoiding a sedentary lifestyle.

The diet will be tailored to each person, considering if they have any foods that may trigger migraine attacks.

Toxins are not recommended for anyone, but for those who suffer from migraine, some, like alcohol, can trigger attacks.

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Avoid periods of fasting and large meals; keep track of the foods that trigger your pain. Engage in regular physical activity suited to your situation, preferably aerobic, and avoid sun exposure if exercising outdoors. Maintain a record of your migraine attacks in your migraine diary to identify any changes in your lifestyle that could worsen your condition.



People who suffer from migraine are more likely to experience sleep disorders, especially insomnia and any other disruption of the sleep/wake cycle: difficulty falling or staying asleep, nighttime awakenings, poor sleep quality...

REMEMBER

Keep a Migraine Diary; it will help you detect changes in your attacks and the possible beneficial or harmful effects of modifications in your lifestyle routines.

Some simple *tips* to help you

01

Physical activity prevents overweight and obesity, factors that can worsen your situation regarding migraine. Physical activity can also help you control stress and anxiety, which are some of the main causes of the onset or worsening of attacks.

02

Healthy eating is generally related with the Mediterranean diet. If possible, stick to it, although always taking into account your particularities in terms of intolerances or factors that aggravate your attacks. Avoid prolonged periods of fasting and large meals.

03

Alcohol is a trigger factor for migraine attacks in most people who suffer from this condition. Avoid its consumption.

04

If you find that you cannot control your migraine on your own and you consider it necessary, consult your occupational doctor.

