Headache action plan
Getting control of your headaches

I want to get control of my headaches so I can: _____

Make an appointment with your doctor and take this *Headache Action Plan* with you to your next doctor visit. Tell your doctor about your headache symptoms; frequency of headaches, degree of disability for each headache (had to go home, asked someone to watch kids), what activities have you missed/how often (lost time at work or activities with family and friends, etc.), most troublesome headache symptoms (pounding pain, light sensitivity, nauseous, it lasted XX hours, etc.). Talk to your doctor about options for treating your headaches and use a written list to help you remember to ask *all* your questions.

Signs that I have a headache coming on are

☐ Vision changes   ☐ Weakness   ☐ Trouble talking   ☐ Mood changes
☐ Yawning   ☐ Increase in energy ☐ Numbness   ☐ Food cravings
☐ Nausea or vomiting ☐ Other: _____

Things that trigger my headaches are

Certain Foods or Drinks:
☐ MSG   ☐ Alcohol   ☐ Breads   ☐ Caffeine
☐ Salty snacks   ☐ Artificial Sweeteners ☐ Chocolate   ☐ Vegetables
☐ Sweets/desserts   ☐ Meats   ☐ Spices/seasoning   ☐ Dairy products
☐ Fruit

Exposure to:
☐ Weather changes   ☐ Perfumes or odors   ☐ Bright light   ☐ Loud noise

Feeling:
☐ Angry   ☐ Tired   ☐ Stressed

Other:
☐ My menstrual period ☐ My eating habits   ☐ Certain medications ☐ Skipping meals
☐ Too much/too little sleep ☐ Other: _____

My headache treatment

Medication	How much to take	When to take it	Did it work

Things I can do to manage my headaches

☐ Muscle relaxation   ☐ Trigger avoidance ☐ Biofeedback   ☐ Reduce stress
☐ Medications on hand ☐ Deep breathing   ☐ Moderate activity ☐ Meditation
☐ Positive thinking   ☐ Other: _____

Being a partner in my headache management

- Be aware of headache "alarms" that may indicate a more serious condition.
- Plan ahead to avoid a trip to the emergency room, have medications on hand, and pay attention to pre-headache signs.
- Ask for information and help when I need them.
- Take an active role in getting better control of my headaches.