

# 10 Ways to Cope With Your Migraine Condition:

1. VISUALIZE HEALING YOUR NERVOUS SYSTEM
2. IDENTIFY YOUR MAIN TRIGGERS
3. WRITE A NOTE OF ACCEPTANCE TITLED "DEAR MIGRAINE"
4. IDENTIFY AND USE YOUR SUPPORT TEAM!
5. DRAW A SELF-PORTRAIT WITH YOUR MIGRAINE
6. CREATE A MIGRAINE SYMBOL
7. COLLAGE A HEALING MANTRA
8. FOCUS ON THE GOOD DAYS, THE DAYS YOU FEEL WELL
9. DO MORE OF WHAT YOU LOVE
10. ASK FOR HELP