



From Headaches to Migraines

by NEWLIFEOUTLOOK TEAM

What to Know about Headaches and Migraines

To prevent getting migraines at work, have the over-the-counter or prescribed medication that works for your migraines with you. You can store these in your lunch bag or purse until you need them. If you find that you're getting a lot of the warning signs of a migraine when you're at work, there could be something there triggering your migraine. It could be the brightness of your monitors, the type of lighting in the office, and a number of factors. Whether the lighting is your trigger or not, keep your monitors dim at all times. Keep a pair of sunglasses with you as well that you can put on if you begin to become sensitive to the light. A migraine can last for several days, so sunglasses can help when you're able to return to work if you still have a slight migraine.

