How to Distract Yourself From Migraine Pain

by SARAH RATHSACK

Using Distraction for Migraine Pain Relief

Migraines can last for hours or days at a time. During these hours, what do you do to distract yourself from the pain? When I am in severe or long-lasting pain, all I do is sleep. I sleep to escape the pain and hope to wake up to a lesser level of migraine.

But what do you do when the pain isn't severe but persistent?

Decrease Stimulus

Along with sleeping, decreasing stimulus helps. A dark and quiet room can stop the migraine from spiking and allow time to decrease the migraine.

Some benefit from ice or heat. A bath with Epsom salts will help relax muscle tension and allow your body to absorb magnesium, which many sufferers lack.

Technology

Although technology may trigger a migraine, it can also be an effective distraction. Lowering screen brightness may help you tolerate it better.

TV, movies and video games can allow you to focus on something beside the pain. If your vision is clear enough, the internet and social media can serve as a good distraction.

Not only can you find information, but you can find support from others who may be suffering and can provide support and empathy. With isolation from the pain, many find support groups a place of understanding that others may not comprehend.

Finding a place that gives you a sense of belonging can be a great distraction and emotional boost.

Quiet Activities

Reading and audio books may allow you to escape the pain through your imagination. Solitaire, knitting, cooking, yoga and walking can stimulate both the body and the mind.

Children, although often a trigger, can provide purpose and joy. Doing puzzles, coloring and Lego are nice activities to do together.

Zen Approach

I use many techniques to help my body relax and focus on inner peace. Praying, meditating, listening to music, biofeedback and counted breathing can help with heart rate and bring stillness.

Tolerating the pain and quieting the body and mind will allow your brain to function differently and hopefully less painfully. Focusing on being calm and mindful can be a great distraction and build recovery.

Although medication is used widely to treat migraines, distracting yourself while you have one is important. Whether it be for hours or days, take time to take care of yourself both inside and out.

Distract yourself the way that works best for you. I find allowing the pain to consume me only allows the migraine to attack longer and stronger.