Embracing the Good Days to Enjoy Life Despite Migraines

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Migraine Good Days

Migraines information usually discusses measures to prevent and methods to manage symptoms once they begin. This information is extremely helpful since your migraines disrupt your life and destroy the balance that you work hard to create. No matter how rigidly you follow the guidelines and tips found in reputable information from reliable sources, another migraine is coming.

At times, people spend too much time trying to reduce the negatives rather than trying to figure out how to enjoy life. Consider a balance with weights on either side. If you want the positives to be heavier than the negatives, you have two options. The first is to remove negatives. This is difficult with migraines because you only have so much control. The second option is to add positives. This puts on the control on you to figure out how to enjoy life.

Seize the Good Days

Even people who suffer from severe migraines have good days. It is what you do on those days that impacts the bad days. Here's how to enjoy life:

- **Be active**. After a tough week at work or a bad day with migraines, people too often head for the couch in the name of relaxation. Small amounts of resting in a comfortable spot are helpful for anyone but too much wastes precious hours of a day without symptoms. Watching TV is more of a neutral experience rather than a positive one. List, explore and engage in familiar positive experiences. Resist the urge to "rest" at home. Being active actually boosts energy and stamina. Too much sitting will leave you feeling drained and sluggish.
- **Try new things**. Having a migraine means that you are stuck staring at the same walls and laying on the same bed or couch. Good days are the time to break out of that comfort zone and try new things. Be adventurous. Don't let your anxiety trick you into staying close to home. Have a safety plan in place for times when a migraine surprises you. Otherwise, be bold and daring. The positive impact on mood, self-esteem and anxiety will provide incentive to do it again.

- **Accomplish goals**. Has there been something that you have been unable to complete because of recent migraines? As long as it is positive, do it now. Run errands, clean the bathroom or pay your bills. Doing these will lead to a strong sense of accomplishment. Use moderation, though. If the choice is clean the toilet or go on a hike with friends, choose the hike 99% of the time.
- **Be social**. Migraines force you into being a bad friend. You have to break plans when a flare comes unexpectedly. Use your next good day to be a fantastic friend, spouse or family member. Reconnect with those you love and the ones that love you. If you are feeling resentful or feeling that someone "hasn't been there" during your migraines, use this opportunity to assertively clear the air and avoid future misunderstandings.
- **Don't have too much fun**. Some fun is good, but more is not necessarily better. By now, you know your

migraine triggers and the effects that alcohol and poor sleep have. Be sensible with your fun so you can have more of it.

Conclusion

Trying to too hard to reduce migraines frequency and intensity can lead to frustration and sadness. Rather than lowering “the bads,” increase “the goods” in your life and figure out how to enjoy life. If you manage to tip the scale in your favor, each day will be a bit better.