Coping With Visitors When You Have a Migraine

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Coping With Visitors

About the time your migraine comes to visit, your annoying neighbor next door stops in to complain about the grass. You do not have the time of day to deal with her, but you don't want to appear rude either. If you have frequent migraines, you may find visitors always come at the wrong time. However, there are some things you can do to prepare for instances like this without hurting anyone's feelings:

- **Set boundaries.** Tell your visitor that you are planning to leave at a specified time. They don't need to know that you are "leaving" for your bedroom to lie down, however. Some visitors seem to plop down on your couch and sit for extended amounts of time chatting away. Hopefully, you can deter this by establishing a time for them to move their bottoms out the door.
- **Stand your ground.** Sometimes, a visitor may linger long after you ask them to leave. You may need to start shutting the T.V. and the lights off to give them a hint.
- **Have a family member step in.** If your spouse can save you, you can sneak off to your bedroom so that you can suffer through your migraine there.
- **Ask them to do something for you.** Depending on the person, you can ask them if they can do a chore or errand for you. This may either be accepted readily or the visitor just may find an excuse to leave!
- **Leave the door locked.** Your visitor should get the hint if your door is locked but they may start calling your phone. You can then have a polite message that you are not available to take calls or accept visitors. However, you would be more than happy to return their calls when you can.

- **Take the meds and deal with it.** Sometimes it is inevitable to have visitors that you cannot avoid or you have to engage with. If you have medication that helps with your migraines, try taking it and hopefully, you can slog through the visit.
- **Keep the room lights dim.** Your visitor may not even notice that the room is dimmed, but it could help your migraine from getting worse.
- **Lower the noise level.** Have the television or radio off when the company is present. The less the stimuli, the better you will be able to cope.
- **Talk in a low voice.** If your company talks loudly, try talking in a soft voice (which shouldn't be hard since you won't feel like talking much anyway). The visitor may start to mimic your voice tone and lower their voice.

If anything, your visitors should be respectful of you. You should be able to tell them you are not feeling well and need to lie down in normal circumstances. Many people think migraines are just "headaches" and may not take them seriously. Don't mention it is a migraine; tell them you are ill and cannot visit any longer.