

Tips to Manage Migraine



Enjoy nature



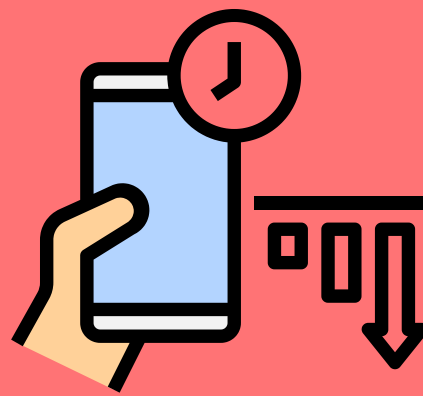
Track symptom
in a diary



Drink enough water



Avoid alcohol &
Caffeine



Reduce screen time



Eat on a regular
schedule



Avoid lights
& noise



Do regular
exercise & yoga



Prioritise good sleep



Try hot or cold
compresses



Avoid Monosodium
glutamate (MSG)



Try massage