Migraine Trigger Guide:

Illness

Explanation

A significant number of people have reported that they feel more susceptible to migraine attacks when they are ill.

The type of illness that makes them more susceptible to migraine varies; it could be a common cough or cold to something more complicated such as sinusitis. But the illness itself is related to or associated with the migraine trigger.

Trigger causes

A few common examples include:

- Head cold
- Cold or flu
- Cough
- Sinusitis
- Infections
- Inflammation

The reasons for falling sick are far too numerous to mention here. Suffice to say that the best way to maintain a healthy immune system is to live a healthy lifestyle. That means:

- Eat a variety of foods, mostly fresh. Avoid processed foods. Eat modestly.
- Drink water immodestly (i.e. drink plenty of water).
- Allow enough time for rest and relaxation.
- Get regular exercise.
- And generally, happier people are healthier. Smile generously.

How do you know if this is an issue?

If you are run down and stressed, the immune system suffers. Getting sick frequently may be a signal that things are out of balance.

Frequent attacks may also be another signal.
Options to try

Recalibrate your routine and your habits.

Things won’t magically slow down for you. You need to plan and defend time for rest and relaxation.

Schedule your own personal time. If that allows you to recover and be a healthier and happier person then you are doing a service not only to yourself, but for your family, friends and colleagues.

Watch-outs

Many of us struggle with these challenges:

1. Finding work-life balance.
2. Avoiding burn out.
3. Managing our diet.
4. Getting enough exercise.
5. Getting enough consistent, restful sleep.

These challenges aren’t easily overcome, so don’t expect them to be solved overnight.

Strive for progress, not perfection.

More reasons to manage this trigger

As mentioned above, happier people are generally healthier. They also live longer. So keep a positive outlook, smile often, strive for balance, and remember that perfection isn't realistic.

We're all struggling for balance. And if you're making some kind of progress then you're ahead of the majority.