



## How To Survive Stressful Times, Headache-Free

(NAPSA)—You have dinner to make, work to do, children to attend to, and the last thing you need is a headache, or worse, a migraine. For many, life's everyday duties and tasks can produce a tremendous amount of stress and tension—two key triggers in the onset of headaches. Most people suffer from the occasional headache and an estimated 25 million Americans—75 percent of whom are women—experience much more severe migraine headaches.

“No matter what the type, headaches can be triggered by foods, beverages or other lifestyle factors. Each sufferer has his or her own combination of personal triggers,” notes pharmacist Sarah Matunis, R.Ph. “It is important to know what those triggers are so they can be avoided.”

With the pressure of a busy schedule and numerous responsibilities, consider these tips to help avoid stress-related headaches:

- **Plan Ahead:** You never know when a migraine will rob you of hours or perhaps even days. Many tasks can be done in advance, meaning fewer adjustments to your plans.

- **Maintain Regular Schedules:** One of the most significant ways to prevent a migraine is to maintain as regular a schedule as possible. Keeping normal sleep hours whenever possible is important.

- **Be Aware of Food Triggers:** Avoid foods such as ripe cheeses, processed meats, chocolate and red wine. An empty stomach could also induce a headache so pack a snack if you're unable to follow your normal eating schedule.

- **Enjoy Personal Time:** High activity and little down time can sometimes evoke stress. Plan to give yourself a break—take a long



walk, exercise or practice other ways to manage stress effectively.

- **Avoid Smoke- and Perfume-Filled Rooms:** If possible, get some fresh air or find an area that is fragrance-free.

- **Know Medication Options:** If you are on the go, be sure you have enough medication readily on hand so that you don't run out. If air travel or long car trips give you a headache, check to see if an adjustment in your medication is needed.

- **Be Prepared:** Sometimes your best efforts are not enough to avoid a headache, so have medications available to avoid an extra errand in your already busy schedule. Your Rite Aid pharmacist can help you select an appropriate over-the-counter medication or discuss prescription medication options with you and your doctor.

“With some planning ahead, you can reduce the toll headaches and migraines can have on your life. If you feel a migraine coming on, treat it as soon as symptoms appear,” advises Matunis.

For more information on migraine treatments or to find the location of the nearest Rite Aid pharmacist, visit [www.riteaid.com](http://www.riteaid.com).