



JUNE IS Migraine & Headache AWARENESS MONTH



What is Migraine and Headache Awareness Month?

June is Migraine and Headache Awareness Month, dedicated to educating, supporting, and advocating for individuals living with headache disorders and migraine disease. [A migraine is more than just a severe headache](#); it is a chronic neurological condition that can be debilitating. In the United States alone, over 42 million people are affected by one or both of these conditions, impacting their daily personal and professional lives.

Potential Causes of Migraines or Headaches

- » **Caffeine** – Consuming too much caffeine can cause health problems, including headaches. Check with your health care provider to determine if you should reduce or eliminate caffeine from your diet.
- » **Dehydration** – This condition occurs when your body loses more fluids than it takes in. Symptoms can include fatigue, dizziness, feeling thirsty, and more.
- » **Environmental and Physical Factors** – Environmental factors may include changes in weather, altitude, traveling, or everyday routine. Physical factors may consist of overexertion when bending or lifting, [poor posture](#), and inactivity at your computer desk.
- » **Stress** – Prolonged and chronic stress can lead to various adverse effects on your body over time. To help mitigate stress, [exercise regularly](#), [ensure you get enough sleep](#), and build a strong support system.
- » **Diet** – Dietary triggers can provoke headaches in some individuals. Keep a [food log](#) to identify potential headache-inducing foods and consider removing them from your diet to see if they reduce or eliminate headaches.

Scan the QR code below to access this document in an online format.



Healthy Habits That May Prevent or Reduce Migraines

- Find a calm environment to help your body relax
- Simplify daily tasks and take breaks to help manage stress
- Incorporate consistent eating and sleep habits
- Exercise regularly to support your immune system
- Keep a [journal](#) to identify potential triggers
- Ask for support from family and friends

As a State of Maine employee, you have access to [Ergonomic Services](#) including computer workstation ergonomic evaluations for prevention or injury, job task analysis, and much more.

For more information, please contact:

stateofmaineergonomics@mainegeneral.org

Looking for a Provider?

Utilize Anthem's [Find Care tool](#) to find doctors, hospitals, and more in your plan's network.

For additional tips on migraine attacks, check out Anthem's

[Take Control of Migraine Attacks](#) resource.



Sources:

[NHF - Headache and Migraine Awareness](#)

[NHF - Headache Topic Sheet](#)

[Mayo Clinic - Steps to Prevent Migraines](#)