

6 WAYS TO:

SUPPORT A WORK COLLEAGUE WITH CHRONIC MIGRAINE



TAKE THE WHEEL

PEOPLE WHO GET MIGRAINE ATTACKS AT WORK OFTEN HAVE A TOUGH TIME GETTING HOME. THEY MAY NOT BE SAFE TO DRIVE AFTER TAKING MEDICATIONS THAT WILL HELP WITH THE ATTACK.



ADJUST THE LIGHTS

HAVE THE MEETING WITH THE LIGHTS OFF AND BLINDS CLOSED. PHOTOPHOBIA IS SENSITIVITY TO LIGHTS.



BE OKAY

BE OKAY WITH CALLING OFF A MEETING OR HAVING TO RESCHEDULE. BE KIND.



BE THERE

YOUR PATIENCE AND EMPATHY MEANS A LOT TO US.



'HAVE YOU TRIED...?'

WE MOST LIKELY HAVE TRIED WHAT YOU ARE ABOUT TO SAY. IT ISN'T JUST AS SIMPLE AS DRINKING MORE WATER. WE LIKELY HAVE A HEALTH PLAN WITH NEUROS AND OUR GP.



SMELLIES

TALK TO THEM AND FIND OUT IF SMELLS ARE A TRIGGER FOR THEM. YOU NOT WEARING THE STRONG PERFUME OR COLOGNE MAYBE A HUGE FOR THEM.

@MIGRAINE NEW ZEALAND