

# 6 WAYS TO:

## SUPPORT A FRIEND WITH CHRONIC MIGRAINE



### “WOULD THAT BE FUN FOR YOU?”

ASK THE PERSON LIVING WITH MIGRAINE WHAT WOULD BE FUN FOR THEM. THEY KNOW WHAT THEY ARE CAPABLE OF WITHOUT CAUSING AN ATTACK. DON'T MAKE THEM FEEL BAD THAT THEY CAN'T DO WHAT THEY USE TO DO. FOCUS ON WHAT YOU CAN DO TOGETHER.



### OFFER TO:

PICK UP THE KIDS/DO A PLAY DATE, TAKE THE DOG FOR A WALK, GET SOME NEEDED GROCERIES, DO SOME HOUSE WORK, RUN A BATH FOR THEM



### MY MIGRAINE IS MY OWN

MIGRAINE IS COMMON. TRY TO DROP ASSUMPTIONS AND ACCEPT THAT CERTAIN ASPECTS OF THEIR MIGRAINE JOURNEY (WHICH MIGHT BE NONEXISTENT FOR YOU/THOSE YOU KNOW ) COULD BE THEIR BIGGEST STRUGGLE.



### LEARN SOME OF THEIR TRIGGERS

TRIGGERS ARE OFTEN ENVIRONMENTAL STIMULI, LIKE BRIGHT LIGHTS, LOUD NOISES OR CERTAIN FOODS. YOU CAN HELP YOUR FRIEND, HELPING THEM AVOID OR MITIGATE THOSE TRIGGERS IN THE FUTURE.



### THOUGHTFUL GIFTS

DON'T GET THEM A SCENTED CANDLE OR A NEW PERFUME... TRY A MASSAGE VOUCHER, HAMPER OF THEIR FAVOURITE FOODS



### DON'T MAKE THEM FEEL GUILTY

IT NEVER GETS EASIER TO HAVE TO MISS OUT. REASSURE YOUR FRIEND THAT YOU UNDERSTAND, MUCH OF OUR ASSOCIATED STRESS AND GUILT IS ALLEVIATED.

@MIGRAINEWZEALAND