

10 ways to keep HOPE alive with Migraine

Hope is a necessary element for living with migraine. We must hold onto our own hope and help build and inspire it in others. In honor of Migraine Awareness Month, here are 10 ways to keep your hope alive when all else seems to fail.

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KNOWLEDGE IS POWER

The more you learn about migraine, the less frightening and mysterious it is.

CONNECT WITH OTHERS

Talking with other people in similar situations can make an enormous difference.

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SUPPORT OTHERS

Helping other people can help us remember how much hope there really is.

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PARTNER WITH YOUR DOCTOR

Making treatment decisions together empowers patients.

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GET SCREENED FOR DEPRESSION

Major depressive disorder can severely impact levels of neurotransmitters, such as serotonin and add to feelings of hopelessness.

WEAR PURPLE

Purple is the awareness color for migraines and headaches. Wearing it can remind us of our community and make other people ask why we're wearing it, thus raising awareness.

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LOOK TO NATURE

Seeing the amazing beauty of flowers, birds, and the other marvels of nature can make you appreciate life.

LOVE A PET

The unconditional love of a pet is healing and provides companionship and unconditional love.

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KEEP A GRATITUDE JOURNAL

At the end of each day, write about at least one thing for which you're thankful.

JOIN AHMA

The American Headache and Migraine Association is H.O.P.E. - a **H**eadache and Migraine **O**rganization for **P**atient **E**mpowerment.

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HealthCentral

Sources:

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