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How to Fake a Migraine Successfully

Want a couple days off of school? How about a few more days to get that paperwork done. Everybody has those days were they just want to stay home and relax, but you need a way to pull it off. These tips and tricks are designed for kids and teens.

Steps

1 Start slow. This step is for the kids and teens because the people they have to get their parents to believe. Don't just say you have a full-blown migraine. It's got to be believable. So, if you want no school tomorrow, start the day before at 5:00pm earliest. Start moving slower. Remember, **subtle is the key.** That's why you start early.

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2 Complain your left/right temple is hurting. It should be around 6:30. Your symptoms should be light and gradually get more intense (but that's for later.) Make sure you act as if your eyelids are heavy, and keep saying, "I'm so tired."

3 Find a heat source. It should be around 7:00. The old hair dryer trick won't work too well, because of the noise. So, normally go to the bathroom. Wash your hands with the water of the hottest temperature, and then put the hot hands on your head. This also works is you have a laptop, or a phone, or something that generates heat. Immediately go to your mom/dad and say, "Mom/dad, I'm feeling really hot, I keep overheating and then I keep getting cold." And then remember, it's **OKAY** if they take your temperature. He/she is likely to say, "Your temp. is normal." Just say, "I know, it's getting really cold" And so on.

4 Go to bed early. It should be around 8:00-9:00. Make sure you keep reminding your parents that you are very tired and your head hurts. If they offer medicine, take it, but don't swallow!

5 Wake up in the middle of the night/stay up all night. If you want to stay up all night, make sure you have an ice water next to you and some peppermint mints. Keep consuming them during the nighttime because it will wake you up. Also, make sure if you have a phone, make sure its 100% charged, and play on it the whole night, it will keep your brain active. Just be careful you set the brightness low! Make sure you have an alarm clock to wake you up if you fall asleep. Go visit your parents at these times:

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6 **Wake up your parents.** If you can, only wake one parent. Say you are getting a very bad headache the first visit. Make sure you keep saying you get cold chills then you overheat. The second visit, fake cry (by keeping your eyes open until you have to blink) Then say, "Mom/dad, I'm getting flashes in my eye. I think I'm getting a migraine. My heads really hurting....I feel icky." Something like that. When you feel sick, you keep blabbering and repeating what you say. Go to bathroom afterwards, and apply dark eye shadow under eyes as if they are dark circles.

7 **Fake sleep.** Pretend to be in a deep sleep whenever you have to wake up for school. Let your parents wake you up. They will see the dark circles. Say you were up all night (Which if you were on your phone, it helps) Say your head is really hurting, cry, and keep your eyelids heavy.

8 **Enjoy your day off!** Relax! And if you want more days off, make sure you read the tips! These steps are supposed to be for the first day, but you can repeat the process.

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- Make sure you look sick too. Mess up your hair, apply a light powder to your skin and have a dark blue/black eyeshadow. Apply it under your eyes to make it appear as if you have dark circles. The key is to **keep blending it to look natural.**
- Think of a word you can concentrate in your mind, so whenever you go see your parents, think about that word so you can snap back into your acting.
- Don't immediately get get better. Gradually remind your parents how you are feeling better, do say you feel very tired- its a symptom of a headache.

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Article Info

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