



# MIGRAINE TRIGGERS

Triggers are things which may make you more likely to have an attack. Often it is not one thing that triggers a migraine but two or three things which, if put together, can cause an attack.

## Triggers vary from person to person but can include:

Dehydration	Not eating regularly	Changes in Weather
Stress & anxiety	Excitement	Changes in sleep pattern
Certain foods ( different for everyone, but can include chocolate, citrus fruits like oranges, cheese or pork)	Excercise without enough food to keep you going	Too much time watching television, on a computer or playing video games without a break
Puberty & hormonal changes	Flickering lights or reflections in water	Not enough fresh air

Your migraine triggers could be things you were doing or consuming up to 48 hours before you actually begin to feel unwell. We have mentioned the prodrome stage of migraine attacks – the warning signs that an attack may be starting. Sometimes people with migraine crave certain foods (such as sweet things like chocolate) in the hours before an attack begins (prodrome stage – see stages of migraine attack).

**TIP:** When an attack begins you may then see this chocolate listed in your **Migraine Diary** and think it was the 'trigger'. It may actually have been part of the attack itself (what is called a 'prodrome' symptom). It can be a challenge to piece everything together!

## Don't worry if you can't recognise any particular triggers – not everyone can.

