

MY LIFE-FIT HABITS HEADACHES

What are some common triggers that cause **headache pain**?

Some of the most common triggers for headaches include:

- Missing a meal
- Being dehydrated
- Tiredness
- Over excitement
- Headaches are one of the main reasons for sick days at school.

What is **headache pain**?

Pain can be very distressing and take you away from having fun and enjoying life. Sometimes pain can make us unhappy and not feel like hanging out with your friends.

Caution

If your headache is associated with fever or causes significant drowsiness you must ensure you go to the doctor.

What can I do to help ease my **headache pain**?

If you are experiencing lots of headaches, you may like to try some of these helpful strategies:

- Changing your diet
- Change your schedule
- Improve your posture
- Learn relaxation techniques.
- Resting in a darkened room
- Using a hot or cold pack
- Make sure you drink plenty of water
- Have regular meal times with nutritious, freshly cooked food
- Avoid long hours of TV watching or computer game playing.

Try this Life-Fit **Headache Challenge**

Keep a diary for one month of all the times you have a headache. Notice what you are doing before you have the headache – where were you, what were you doing. Try and identify any common triggers for your headache. Be sure to talk to your parents or doctor about what you discover and learn about your headaches.

Ask your parents to take a look at these **helpful** apps with great tips that can benefit you

Health issues:

<https://itunes.apple.com/au/app/healthtap-instant-help-from-105-000-top-doctors/id466079030?mt=8>

Help you relax:

<https://itunes.apple.com/au/app/stop-breathe-think/id778848692?mt=8>

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
<http://www.brave-online.com/>

