

Is Stress Causing My Migraines?

A Quiz to Determine if Stress is increasing your Migraine Sensitivity by Lowering Your Threshold

Discover the next steps in achieving migraine freedom by creating a healthy perception of stress so that you can reconnect with your friends and family, be the mom and partner you want to be, thrive in a career you love, and feel like yourself again. Is my stress level really contributing to my migraines?

You've been suffering from migraines for years. The stabbing head pain, nerve-wracking auras, neck discomfort, light sensitivity, and a churning stomach that can't settle down.

You've tried everything you can think of to make the pain go away and stay away.

Diets...medications...chiropractors...acupuncturists...sometimes you feel a little better, but nothing lasts.

You've seen doctor after doctor for answers and have researched migraines until you are blue in the face.

no luck!

You have wasted so much of your life trying to find a solution with no results.

How many hours have you spent researching Dr. Google and sitting in waiting rooms at doctors' appointments? Those hours would have been better spent on a well-deserved vacation, spending quality time with your family, dinner out with friends, and doing the things that you love.

If only you knew what was causing the migraines... The reason you continue to lose days of your life to debilitating pain.

Finding the root cause of your migraine sensitivity, what is causing the inflammation level in your body to rise, is the first step in ending the pain once and for all. By reducing the inflammation load in your body, you are able to reduce the severity, duration, and frequency of your migraines while working towards your freedom from pain.

So what is causing your inflammation? There are several things that cause inflammation in the body such as poor diet, lack of sleep, gut issues, toxicity, and insufficient exercise plus one that is very common in those suffering from migraines...stress.

Stress is the body's reaction to harmful situations. These can be real or perceived. When you feel threatened, a chemical reaction occurs in your body that allows you to act in a way to prevent injury. This reaction is known as "fight-or-flight," or the stress response. We need this response to survive. Think running from a burning building or that feeling you get when taking an important exam. The problem comes in when we feel this 24/7. We should only feel this way in emergencies or occasional situations. During stress response, your heart rate increases, breathing quickens, muscles tighten, and your blood pressure rises...all good things to keep you alive.

Your body doesn't like feeling this way all of the time and when it does, starts to give you warning signs that there is something wrong.

[It starts "talking" to you in the only way it knows how...SYMPTOMS!](#)

MIGRAINE THRESHOLD: STRESS



BELOW IS A LIST OF COMMON SYMPTOMS FELT WHEN YOUR STRESS LEVEL IS TOO HIGH. GIVE YOURSELF ONE POINT FOR EACH SIGN OF STRESS YOU HAVE.

CHRONIC HEALTH PROBLEMS

NUTRIENT DEFICIENCIES

GRINDING TEETH

ACID REFLUX

MOOD SWINGS/CHANGES

DEPRESSION

ANXIETY

OVERWHELM

LOW SELF ESTEEM

DRY MOUTH

DIFICULTY SWALLOWING

FORGETFUL/DISORGANIZED

POOR JUDGEMENT

AVOIDING RESPONSIBILITY

BEING PESSIMISTIC

RACING THOUGHTS

CANT RELAX / QUIET MIND

EASILY FRUSTRATED

PANIC ATTACKS

CANKER SORES

CHRONIC FATIGUE

JOINT/MUSCLE PAIN

NAIL BITING

BRAIN FOG

HEADACHES

ACNE

RASHES/HIVES

INCREASED USE OF ALCOHOL / DRUGS / CIGARETTES

SLEEP ISSUES

INDIGESTION

INFERTILITY

RACING HEART

COLD/SWEATY PALMS

DIZZINESS

WEIGHT LOSS OR GAIN

EXHAUSTION

TREMBLING/SHAKING

DIARRHEA/UPSET STOMACH

LOW LIBIDO

CONSTIPATION

CONSTANT WORRY

CHECK ALL THAT APPLY TO YOU, ADD UP YOUR TOTAL, AND COMPARE IT TO THE GUIDE BELOW.





SO WHAT CAN YOU DO TO START CHANGING YOUR STRESS PERCEPTION TO FIND MIGRAINE FREEDOM...

Scoring 0-4 Shows your stress perception is average. This doesn't mean there isn't room for improvement. Take a look at the items you checked off. Are these symptoms directly related to your stress as well as other areas that may need focus such as hormonal imbalance, gut issues, etc. If so, addressing those areas as well will keep your stress perception in check and your health on track.

Scoring 5-10 Means you are showing steady signs of increased Stress. Inflammation is increasing and needs to be addressed. This is an early warning sign your stress perception needs some improvement. Look at the symptoms you checked off to see if there is a pattern. Did you check off all emotional symptoms, or all symptoms related to digestion? Evaluate what made you check these symptoms off and where they show up in your daily life.

Scoring 11+ Your stress level is high. Stress is apparent and inflammation is chronic, steps need to be taken to reduce the perception of stress to a parasympathetic state. You have a lot in your life you find stressful and need to work on how you are perceiving that stress to reduce your symptoms so you don't suffer serious health consequences in the future including increased migraines.

Stress relieving strategies to start today



1. Start a regular exercise routine. Yoga is a great choice, but any exercise you love to do and will commit to doing 3-5 times a week is a plus. Exercise releases powerful endorphin chemicals in the brain, which act like the body's built-in painkillers and mood-lifters.
2. Begin a meditation practice. Meditation is a proven stress reliever that helps people deal with worry, anxiety and finding peace of mind. Best of all, it can be practiced conveniently anytime of day and anywhere.
3. Clean up your diet. Fill your meals with a variety of vegetables and add healthy protein and fat. Avoid processed foods, sugars, and limit grains.
4. Spend More Time in Nature and Being Social-Making time for connecting with the people around you, spending time outside and doing things you love with family, friends and your spouse are all stress relievers that are good for your health in many ways.
5. Keep a Journal-Keeping track of your emotions, both positive and negative, along with the events that can trigger them helps you identify what's causing stress. A journal is an easy, effective way to monitor your state of mind throughout the day, focus on thoughts that cause you harm and figure out what's really bothering you when you're unsure.

Following these simple guidelines will start you on the path to perceiving your stress differently, reducing your inflammatory zone, bringing you closer to your Migraine Freedom.

Need more information and guidance on how to deal with the stress in your life and the symptoms you are experiencing, sign up for [Migraine Breakthrough Assessment Call](#) and start your journey to migraine freedom today.

Hi, I'm Debbie!

I am a mom of two, a Functional Health Coach, and the founder of The Freedom From Migraines Method.

I support women who want to live their lives pain and symptom-free so they can spend the time they want with family and friends, work productively, and stop missing out on the things they enjoy.

For years I suffered from migraines. They started after the birth of my daughter, showing up occasionally and continued to increase in severity and frequency until daily migraines were my normal. I missed out on so many important events in my life due to pain - my kids' sports games, birthdays, job opportunities, family gatherings, and simple pleasures like reading with my kids... all lost because I couldn't function... until one day I decided I was done with letting migraines control my life.

I knew I needed someone to help me sort through all of the noise...to figure out what works and what doesn't. I found a health coach to guide me on my journey to migraine freedom.

Using the research I had compiled over years of trial and error on myself, my coach helped me figure out the right migraine freedom plan for me, worked with me to set realistic goals, and help me stay accountable so I could achieve pain-free days. Today I am happy to say migraines no longer control me and I have my life back.

My mission, my passion in life, is to use my experience to support women dealing with the same struggles I had and help them end their pain.

Time for you to experience...
...no more canceling plans with family and friends
...no more calling in sick to work
...no more missing out on life

Time for you to take control of your health and live your life on your terms.

