

Learning Early Intervention: Treating in the “GREEN”

Treating an attack of migraine early while the headache is mild usually makes the treatment more effective. This exercise is designed to help you perfect the art of treating migraine early by learning how to identify migraines worthy of treatment before they are fully developed.

Instructions

Listed below are symptoms that commonly occur before or very early in the headache phase of a migraine. Before your next migraine, read through the list and mark symptoms that you think you may experience in the earliest parts of migraine.

Prodrome Symptoms

Circle all those that apply

Tiredness or fatigue	Mood changes	Stomach pain
Nausea or vomiting	Dizziness or light-headedness	Neck stiffness or aching
Sinus pressure	Runny nose	Nasal congestion
Blurred vision	Sensitivity to light	Eye tearing
Flashing lights or aura	Sensitivity to noise	Irritability
Nervousness	Muscle aches	Difficulty concentrating
Hunger or food craving	Thirst	Yawning
Sensitivity to smells	Skin sensitivity	Flu-like symptoms
Other		