



BEST WAYS TO GET RID OF A MIGRAINE

A headache can go from zero to 100 in an instant, sometimes evolving into its worst form—a **migraine**. Migraines tend to have extreme symptoms that include pounding headaches, stomach pain, nausea, vomiting and more. When the pain hits, you would do anything to get rid of it.

Here are some tips to help alleviate migraines and their symptoms.



APPLY PRESSURE

Using a circular motion, firmly rub the affected areas.



DRINK WATER

Dull the pain by staying hydrated.



TAKE A SCREEN BREAK

Blue light from your computer, TV and phone can trigger migraines or make them worse.



SIP GINGER TEA

Ginger contains anti-inflammatory substances that help reduce migraine pain.



USE A COLD COMPRESS

Whether it's on your head or neck, a cold compress can reduce the intensity of a migraine.



DRINK CAFFEINE

Doing so can help relieve pain in the early stages of a migraine.