

MIGRAINE JUNE AWARENESS

01. Migraine in 3 words
02. Something positive I've learned from Migraine
03. How Migraine impacts my work/school
04. Something I wish I'd known when I was first diagnosed
05. How Migraine impacts my exercise
06. Things that help me with nausea
07. Shout out to my favorite doctor and/or nurse
08. A day in my life
09. What my Migraine attacks feel like
10. My diagnosis story
11. Three ways I manage stress
12. 5 "Migraine" accounts I like
13. How I remember to take my medication
14. Ask me anything about my experience with Migraine!
15. How I feel after an attack
16. If I was guaranteed a Migraine-free year, I'd...
17. My go-to pain management tool(s)
18. Something I really wish people understood about Migraine
19. Three Migraine attack triggers for me
20. This is one way I practice self-care
21. Selfie with Sunglasses!
22. My favorite way(s) to block light or noise
23. This type(s) of doctor helps me manage Migraine
24. The most common thing(s) someone tells me when I say, "I have Migraine."
25. If Migraine were an emoji, it would be...
26. This is my favorite ice (or heat!) pack
27. Explain Migraine to a 5yr old
28. My migraine type(s)
29. Migraine took this from me...
30. I may have Migraine, but I can still...

#THISISMIGRAINE