

# Getting To Know You

## What you will learn

1. Different types of early warning signs
2. STAY CALM! strategies to use during headache and symptom onset

## What are my early warning signs?



- Looking out for those early warning signs that can happen a few hours to days before the onset of your headache pain and symptoms can help you act before your symptoms progress.
- The following lists symptoms you might notice before your headache pain and symptoms start.

- Confusion
- Depression
- Drowsiness
- Euphoria
- Irritability
- Restlessness
- Talkativeness

- Concentration difficulties
- Sensitivity to light
- Sensitivity to odors
- Sensitivity to sound
- Word finding difficulties
- Yawning

- Bloating
- Constipation
- Diarrhea
- Feeling cold
- Food cravings
- Increased urination
- Increased thirst
- Loss of appetite
- Stiff neck

- Blurred vision
- Bright shapes
- Confusion
- Flashing colors
- Numbness
- Problem understanding
- Wavy lines
- Weakness
- Word finding difficulties

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I will STAY CALM! during the onset of headache symptoms by: \_\_\_\_\_

Shifting my focus (e.g., crossword puzzle, calling a friend) \_\_\_\_\_

Taking my medications (e.g., take acute medications early) \_\_\_\_\_

Activating my relaxation response (e.g., paced breathing, PMR, special place imagery) \_\_\_\_\_

You are the expert! (e.g., decide which skills to use, remove self from stress) \_\_\_\_\_

Challenging unhelpful thoughts and using coping statements (e.g., I can only do my best) \_\_\_\_\_

Always keeping a consistent schedule (e.g., avoid napping, eat frequently, drink regularly) \_\_\_\_\_

Listening to my early warning signs (e.g., yawning, rub temples) \_\_\_\_\_

Making time for self-care (e.g., be kind to myself) \_\_\_\_\_



## My STAY CALM Coping Card

**S**hift focus away from pain

**C**hallenge unhelpful thoughts

**T**ake medications as prescribed

**A**lways keep a consistent schedule

**A**ctivate your relaxation response

**L**isten to your early warning signs

**Y**ou are the expert!

**M**ake time for self-care

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