

# Planning Ahead

Use this worksheet to create a headache management plan.  
Feel free to keep it with you or refer back to it whenever you need.

Relaxation Techniques that I found helpful:	
My Contributing Factors and how I can manage them:	
Ways I can remember to practice Behavioral Preventive Strategies and take my Preventive Medications (refill prescriptions, schedule injections):	
I can use my 3C's to Catch, Check, and Change my helpful thoughts by:	
The Coping Statements I find helpful are:	

## Managing My Headache Symptoms When They Start (STAY CALM!)

Shifting you Focus	
Taking your medications as prescribed	
Activating your relaxation response	
You are the expert	
Challenge unhelpful thoughts and use coping statement	
Always keep a consistent schedule	
Listen to your early warning signs	
Make time for self-care	



U.S. Department of Veterans Affairs  
Veterans Health Administration



## 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

**VA**



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