

Quick Tips!

Headaches And How To Avoid Them...

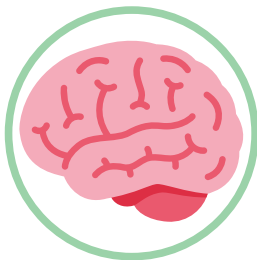


Eyesight

Have you had your eyes tested recently? If you regularly suffer from headaches - it may be worth visiting your opticians. You may need to **update your prescription**, as your current glasses may be **too strong or too weak for your eyes**, or that you need to start wearing glasses. Don't forget, contact lenses are also a popular alternative to glasses – both of which can be claimed back **via your Paycare plan***.

Exercise

A lack of exercise can mean the muscles in your **neck and back can become tense**, and **stress-related chemicals build up in your body** – both of which can be major contributing factors for headaches. Be mindful of your **current physical activity level** and try to **keep active throughout your day and week**, even if it's going for a 30 minute walk in the morning or evening - every little helps!



Stress

Having some stress in our lives is natural and healthy – leading us to become more focused and driven to a goal. However, if you are stressed a lot, it can have a **negative impact on our overall health and wellbeing** (making us tired, burnt out and feeling deflated). **Stress can cause tension headaches**, so remember to take some time for you, and focus on reducing your stress levels.

Monitor Them...

Tracking

Using good **old pen and paper**, or even an app on your phone, be sure to **track your headaches and rate them from a 1 – 5 pain scale**.

This is one of the **most effective ways** to truly understand your headaches and **identify whether there's a pattern or cycle**, whether it might be linked to **environmental, physical or emotional conditions**, and provide information and warning signs – so you can prepare yourself.



Tips To Try

- Close your eyes and take a few deep breaths
- Get a flannel and either use cold or warm water, and press it onto your forehead or back of the neck
- Take some time out and relax
- Massage the temples on your head
- Turn the lights off or go somewhere that's dark
- Go for a walk
- Drink lots of water
- Take computer/phone breaks

*Up to your annual limit. Please refer to your Policy Document for full terms & conditions.

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