

Table 6.2

**Self-Regulated Intervention and Lifestyle Strategies
to Minimize Headache Occurrence**



SLEEP



**REGULAR
MEALS**



HYDRATION



**STRESS
MANAGEMENT**



EXERCISE

Lifestyle Strategy	Implementation
Sleep	<ul style="list-style-type: none"> • Go to bed and wake up at the same times • Avoid daytime napping
Regular Meals	<ul style="list-style-type: none"> • Do not skip breakfast, lunch or dinner • High protein meals are ideal
Hydration	<ul style="list-style-type: none"> • Consume 4-6 drinks per day of water, juice or milk • Avoid caffeine and diet soft drinks
Stress Management	<ul style="list-style-type: none"> • Implement relaxation strategies (e.g., meditation, yoga and exercise)
Exercise	<ul style="list-style-type: none"> • Following the initial rest period, avoid a sedentary lifestyle • Brisk walking, stationary biking, jogging or swimming are recommended

