

Headaches!

Location & Relief Chart

TENSION



TYPE OF PAIN

// Mild to moderate, dull & constant, short duration

LOCATIONS

// Temples, forehead, back of head

CAUSES

// Stress, anxiety, depression, lack of sleep, lack of exercise, eye strain, poor posture, skipped meals

RELIEF

// Acetaminophen

PREVENTION

// Healthy sleep & eating habits, stress & mental health management, exercise, eye rest or vision correction, improved posture

SINUS



TYPE OF PAIN

// Mild to moderate, dull & constant, lasts for hours

LOCATIONS

// Bridge of nose, forehead, cheeks

CAUSES

// Infection, allergies

RELIEF

// Ibuprofen, Naproxen

PREVENTION

// Allergy medication, allergen, avoidance

MIGRAINE



TYPE OF PAIN

// Moderate to severe, intense, throbbing, lasts for hours or days

LOCATIONS

// Temples, one side of the head, behind one eye

CAUSES

// Genetics, stress, anxiety, lack of sleep, dehydration, skipped meals, bright lights, loud noises, hormones

RELIEF

// Acetaminophen, Ibuprofen, Naproxen, rest in a dark & quiet room, ice packs, rest

PREVENTION

// Prescribed treatment plan