

# HOW TO STOP HEADACHE INSTANTLY

## MANAGE YOUR LIGHTING

If flickering or bright lights give you headaches, dim your lights, use blackout curtains in the daytime, and wear sunglasses when outdoors. Use warm lighting and anti-glare screens on your computer to avoid eye strain headaches.



## HAVE SOME COFFEE OR ANYTHING WITH CAFFEINE

Drinking caffeinated beverages before the onset of headache pain can alleviate symptoms. Caffeine also enhances the effectiveness of pain medicine, but excessive consumption may result in caffeine



## HAVE YOUR HEAD MASSAGED

Gently massaging the temples, neck, and forehead can ease stress-induced head pain or tension headaches. It relaxes the muscles that contract and cause the pain.



## REDUCE CHEWING MOTIONS

Reduce chewing as it can cause headaches. Avoid chewing gum and consuming sticky or crunchy food that requires a lot of jaw strength.



## RELIEVE PRESSURE ON THE HEAD OR SCALP

Wearing tight hair bands, goggles, and other accessories can also give you a headache. Simply remove or loosen up anything wrapped or hugging too tightly around your head.



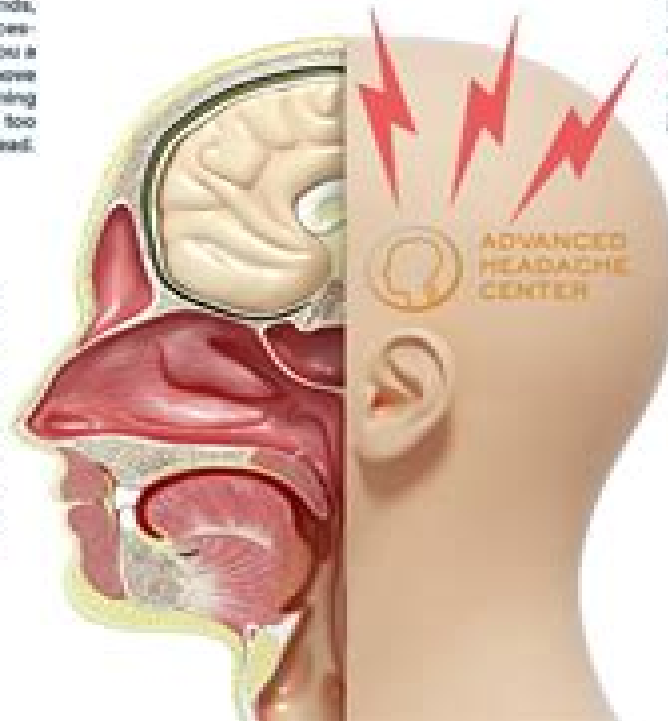
## TAKE OVER-THE-COUNTER PAIN RELIEF MEDICATIONS

Taking OTC pain medicine promptly for head pain is more effective than enduring it. Even a small dose can provide relief. Acetaminophen, aspirin, and NSAIDs are some of the medicines you can use.



## APPLY A COLD OR HOT COMPRESS

For migraine headaches, apply a cold pack on your head for 15 minutes. For tension headaches, use a hot compress on the neck or back of your head. For sinus headaches, hold a warm cloth on the affected area.



# Help For Headaches

**Mark Steyvers**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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