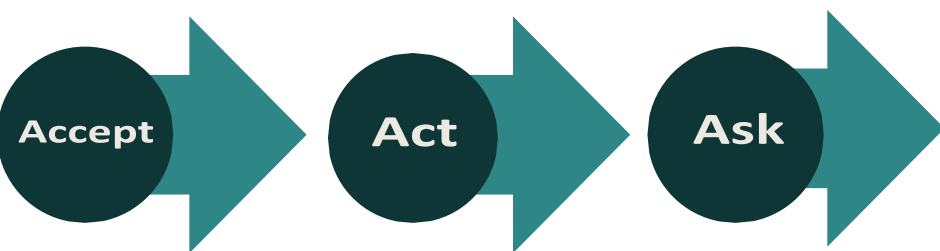


Heads up - It's time to get to grips with Headache in schools



Headache Information

for younger students 8-13



Ted
Wragg
TRUST

Why do I get headache?

Is It Just Me?

No, lots of young people get headaches. About 1 in 5 get tension headaches, and 1 in 10 get migraines. It's not your fault; it's just how your brain works.

What Causes Headaches?

Headaches can happen for many reasons, like changes around you or inside your body. Important factors are not eating or drinking regularly, poor diet, lack of exercise, too much mobile phone screen time, poor sleep and stress due to school pressures, bullying or other things you are worrying about.

What Can I Do If I Have a Headache?

1. **Accept You Have a Problem:** Headaches are common and can affect your life, so it's important to take them seriously.
2. **Act to Help Yourself:**
 - Drink water regularly.
 - Don't skip meals, especially breakfast.
 - Keep a regular sleep schedule.
 - Avoid too much screen time, especially before bed.
 - Eat healthy foods and avoid fizzy drinks.
 - Exercise regularly.
 - Keep a diary to see if certain things trigger your headaches.
 - Share your problems with someone you trust.
3. **Ask for Help:**
 - Tell your teacher if headaches affect your schoolwork.
 - Ask for help if you're feeling stressed or sad.
 - Ask your parents for painkillers if the pain is bad, but don't take them too often.
 - See a doctor if your headaches don't get better.

Its not just you that gets headache and there is lots you can do about it.

Here is a video you may find helpful...link

