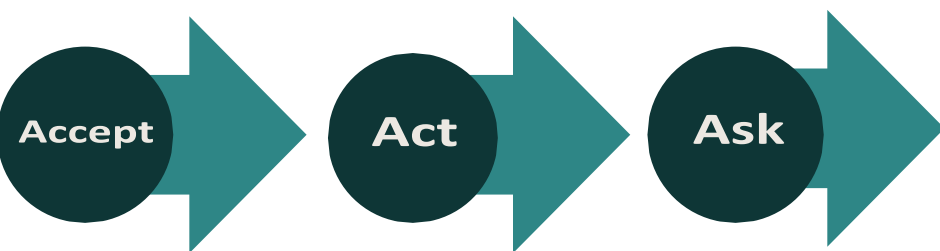


Heads up - It's time to get to grips with Headache in schools



**Headache Information
for younger students**



**Ted
Wragg
TRUST**

Why do I get headache?

Headache occurs when the brain is not happy about something. This can be due to a whole range of things which are described below.

What types of headaches are there?

There are two main types of headaches. The first is called a *tension headache*. The pain is usually dull and can be anywhere in the head. The length can vary between hours and days.

The second most common type of headache is called *migraine* and usually runs in families.

The pain can be on one or both sides and usually last between one and 72 hours. It is more severe and associated with other problems such as feeling or being sick, not liking light or sound or movement or touch. Sometimes migraines are associated with strange sensations.

The most common one is a disturbance of vision. These can last up to an hour and usually come before the headache. They are harmless but can be quite frightening. Migraine can be associated with tummy pain which can occur when there is not a headache, particularly in younger children.

You may experience both types of headaches at different times as they often go together.

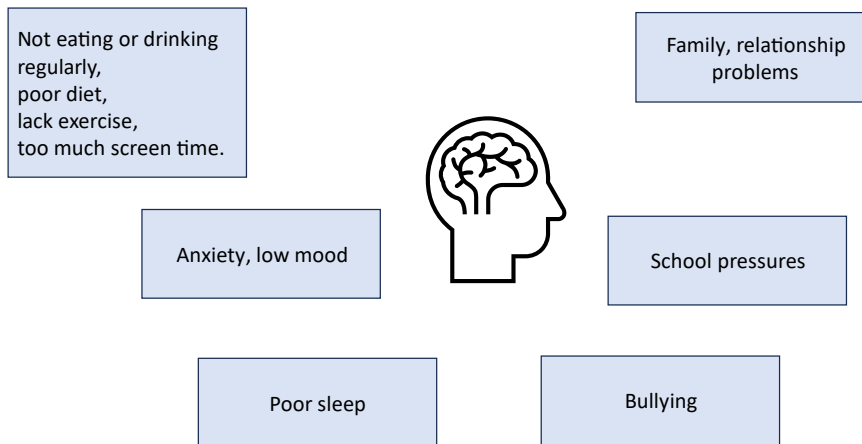
Is it just me that gets headache?

No, headache that causes problems is very common. 1 in 5 young people will get tension type headache and 1 in 10 will have the more severe migraine type of headache. It's not your fault you have headache, it's just the way your brain is wired up.

What causes my headache?

Headache can occur out of the blue but is usually caused by a combination of things that results in the brain being put under pressure. These can include changes and things that are going on around you or changes within the body such as hormones in females or changes in the level of hydration. The brain can also be put under pressure due to worry or other problems that you have.

Things that can cause headache.



What can I do if I have headache?

The things you can do are similar if you have tension headache or migraine.

ACCEPT that you have a problem – ACT to sort it out – ASK for help.

1. *Accept you have a problem.* Unfortunately, many young people do not think headache is a problem or should be taken seriously. In fact, almost 1 in 3 young people have problematic headache which can impact on their life. It needs to be taken seriously.
2. *Act to sort it out.* There are lots of things you can do to help yourself.
 - Try and keep things as constant as you can. Of particular importance is regular hydration. Drink water regularly during the day. Don't skip meals, particularly breakfast.
 - Regular sleep patterns are important. Try to go to bed and get up at the same time every day.
 - Try to avoid too much screen time and certainly not within an hour of bedtime as this can disturb sleep.
 - Eat healthily. Avoid fizzy drinks and drinks with artificial colouring. These can stimulate the brain and make headache more likely.

- If you have migraine, you may be able to identify certain things that trigger it. You could think about keeping a diary to make a note of when you get a headache to see if there are any factors that are likely to trigger your headache.
- Ensure you have plenty of exercise.
- Stress is an important factor in making headaches worse. If you have a problem, share it with someone you can trust and ask for help from your school.

3. *Ask for help.*

- If you have a problem that impacts upon your schoolwork or life, make sure your tutor knows about it.
- Ask for help for mental health issues. They can be common in young people that have headache.
- Ask your parents for painkillers to use for when the pain is bad. These can be kept at school with permission from your parents. However, don't take painkillers on more than 15 days of the month as this can make your headache worse.
- If you still have a problem, see your doctor for advice and possible further treatment.

Here is further information that you will find useful.

[Link to cartoon](#)