

October 2013



A Message from your EAP:

DEALING WITH HEADACHES

It's easy to chalk up a headache to a cold, flu, allergies or some other type of temporary medical condition. However, the cause can sometimes be more related to our daily habits and rituals than anything else.

Here are some headache culprits to watch for:

1. **Eye Strain:** Take occasional “eye breaks” by looking out a window; consider an eye exam to see if a vision problem may be a factor.
2. **Diet:** Try to limit caffeine, red wine, processed meats, chocolate, cheese, citrus fruits, lentils, snow peas and foods containing MSG.
3. **Sitting:** Shift positions, stretch once an hour, stand during long phone conversations, take a lunchtime walk.
4. **Sleep:** The key is balance because, surprisingly, even too much sleep can bring on headaches. Try to control your body's internal “clock” by going to bed and getting up at the same time each day – even when you're not working.
5. **Stress:** Take 30 minutes a day just to daydream, meditate, pray, or just relax. Try some deep breathing exercises when you are feeling stressed and overwhelmed. And if your stress is too much to handle on your own, reach out for help!



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