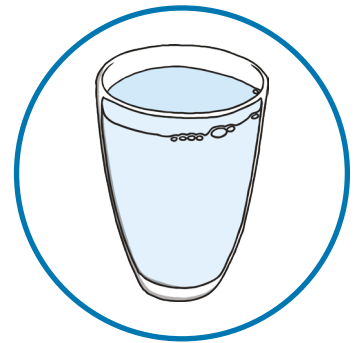


Top Tips to Help with a Headache

Spending more time than usual at a desk? More time in front of a computer screen? Less fresh air and exercise than you're used to?

Without the usual routine of the day, you might find you are experiencing more headaches than usual. Try these top tips to help clear your head and help you feel ready to handle the day.

- Stay hydrated. Without the usual landmarks of the day, it can be easy to forget to drink regularly. Try setting an alarm to remind you to drink some water every hour or try setting a goal to drink two bottles a day; one in the morning and one in the afternoon.
- Stay rested. If you no longer have an early alarm call because you're working from home, it might be tempting to stay up late but it is important to stay well rested to avoid headaches and other minor ailments.
- Take a break. Once a headache comes on, take a break from your work. If possible, close your eyes, turn down the lights and allow the muscles in your head and neck to relax.
- Use a hot or cold pack. Applying a hot or cold pack to your forehead for ten minutes can help to relieve the pain of a headache.
- Stretch and relax. Some gentle yoga or meditation can help you to relax and unwind. Maybe incorporate this into your evening routine or practise out in the garden over lunch. Working from the toes up to the head to tense and relax each set of muscles can leave you feeling relaxed and calm.
- Massage. Close your eyes and massage your head, neck and temples to ease a headache.
- Eat well. Make sure your diet still includes plenty of fresh fruit and vegetables. Try having vegetable sticks or nuts to hand for snacking at your desk so that you aren't as tempted to reach for less healthy choices.
- Breathing exercises. These could be combined with a daily walk. Breathe in slowly for five seconds, then out for five seconds. Focus on relaxing your muscles as you breathe out.
- Focus on posture. Make sure you have a good working area that allows you to sit comfortably without putting pressure on your back and shoulders. Sit a good distance from your screen and ensure lighting is balanced.



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