

Your Migraine System Map

A short guided reflection to help you identify the systems that may be driving your migraines.

Use this worksheet while watching the class. There are no perfect answers here.

Simply tick the statements that feel true for you. We're just looking for patterns. Most migraines involve more than one system interacting in the body.

1. Hormone Sensitivity

- My migraines often appear around ovulation or before my period
- My migraine pattern changes during different phases of my cycle
- Hormonal contraception affected my migraines
- Pregnancy or postpartum changed my migraine pattern
- Hormonal shifts seem to influence my headaches or migraines

Score: ___ / 5

2. Nervous System Stress

- Migraines often appear after stressful periods
- I find it difficult to fully relax even when resting
- I feel wired and exhausted at the same time
- Busy or emotionally intense periods trigger migraines
- My body often feels tense, braced, or unable to fully switch off

Score: ___ / 5

3. Gut or Metabolic Stress

- Skipping meals can trigger headaches or migraines
- Alcohol or certain foods make migraines more likely
- I experience bloating or digestive discomfort
- Brain fog often appears before migraines
- I can feel shaky, faint, irritable, or headachey between meals

Score: ___ / 5

4. Muscle or Structural Tension

- I carry a lot of tension in my neck or shoulders
- My migraines often begin in my neck or behind my eye
- Jaw clenching or teeth grinding is common for me
- Long periods at a desk worsen my headaches
- Massage or heat sometimes helps reduce symptoms

Score: ___ / 5

5. Emotional Stress Patterns

- I tend to hold stress internally rather than express it
- I push through stress instead of slowing down
- Conflict or emotional tension can trigger migraines
- I find it difficult to express anger or set boundaries
- I often feel responsible for holding things together

Score: ___ / 5

What Have You Already Tried?

Tick anything you've already tried.

- Migraine medication (triptans or preventatives)
- Supplements such as magnesium or vitamins
- Changing diet or avoiding certain foods
- Hormone testing or contraception changes
- Physiotherapy, massage, or acupuncture
- Stress reduction techniques
- Nervous system or brain retraining approaches

Reflection:

Looking at what you've already tried, does it feel like you've been given separate pieces of advice, rather than one joined-up plan?

Write a few thoughts here:

What Did You Notice?

Looking at your answers above:

Which system seems most connected to your migraines?

Is there a second system that also feels important? Many people discover their migraines involve two or three systems interacting together.

Final Reflection

Write one sentence about what you noticed while completing this map.

One Last Question

If several systems appear to be involved in your migraines, do you feel confident about where to start, or does it still feel hard to know where to begin?

- I feel confident about where to start
- I'm not sure how to approach this yet

If you chose "I'm not sure how to approach this yet," that often means your migraines need a more joined-up approach, not more random trial and error. If you'd like help untangling your migraine pattern, you can book a complimentary clarity session with me here:

<https://calendly.com/the-migraine-coach/clarity-session-with-sheli>