

A weekly resource  
for *your* well-being

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FOR HEALTH

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**HEALTHIER TN**

# A TIP FOR TENNESSEANS

October 4, 2016

## Are headaches on your mind?

All headaches are not the same. If you get headaches, it is good to know what kind you have. That way, you can better treat and avoid them. Most common types are:

- **Tension.** Ninety percent of all headaches are tension headaches. They involve tight face and neck muscles due to stress. The pain is mild to moderate. And it can feel like pressure on your head or neck. Tension headaches normally go away when stress is relieved.
- **Migraine.** People with migraines describe the pain as throbbing on one or both sides of their head. They may also feel like throwing up, have vision changes or they are bothered by light when migraines happen.
- **Cluster.** Cluster headache pain is usually sharp and severe. They also tend to occur on one side of the head and behind the eye. The pain can last 15 minutes to over three hours.

Most people with headaches can feel much better by:

- Making lifestyle changes
- Learning ways to relax
- Taking medicines if needed

[Read this article](#) to learn more and how to treat specific kinds of headache pain.



### LOOKING FOR A LITTLE RELIEF?

If life stress is causing you pain, your [Employee Assistance Program \(EAP\)](#) has the support and resources to help you cope and ease your mind. Call **1-855-437-3486** or [click here](#) for more information. We're available 24/7, 365 days a year.



### QUICK LINKS

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### 24/7 NURSE ADVICE LINE:

**1.888.741.3390**



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



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