

# • HEADACHE DIARY •



# ● HEADACHE DIARY ●

This is a diary to help you record your headaches, symptoms and treatment. Recording details of your headaches can be useful for spotting patterns in your headaches. This can help you to identify a cause/trigger and potentially prevent or reduce headaches. It can also help doctors to make a diagnosis and to tell whether your medication or other management strategies are helping.

A headache diary can include information on a range of things, however, it's often best to keep it simple and record basic information. This can include:

- Date and time
- Duration (how long the headache lasted)
- Intensity (how bad the headache was) on a scale from 1-10, where 1 is mild discomfort and 10 is the worst pain you can imagine
- Description of the pain: e.g. sharp, throbbing, aching, one-sided, all-over, behind your eyes
- What you were doing before the headache began: where you were (e.g. home/work/school/outside), what activities you were doing, and the position your body was in (sitting/standing/laying down)
- What you tried to treat the headache: any medication you took, or anything you do to try and relieve the pain (e.g. water, rest, darkness) also note whether/how well treatments work
- anything other notes that may be helpful e.g. other symptoms, any potential triggers, your stress/tiredness/hydration levels, menstrual/hormonal changes, any changes in medication, side effects from medication.

On the following pages are some monthly templates of a headache diary you may find helpful. More copies are available from the Shine website.



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