

# YOUR CHECKLIST FOR CHANGE

Your Checklist for Change	Today	Plan to Change	Checkup 1	Checkup 2	Checkup 3
Plan ahead.					
Don't procrastinate; putting things off is stressful.					
Always take a lunch break, even if only for 15 minutes.					
If your job requires long periods of sitting, get up and stretch periodically.					
Get enough sleep.					
Engage in deep breathing exercises.					
Perform aerobic exercises, such as walking, running, bicycling, swimming or playing tennis, four to five times a week. They not only have been shown to make a significant difference in reducing headaches but also will give you a general sense of well-being. Just be sure to check with your health-care professional before starting any exercise program.					
Eat regularly scheduled meals.					
Keep a headache diary.					