

[Sample Article - 500+ Words]

Getting Rid of a Headache

When it comes to getting rid of a headache, there are a number of methods to try, before reaching for the pills.

Headaches are generally caused by stress, de-hydration, neck strain, missed meals, family upset, anxiety or lack of sleep. Even tight headwear or hair accessories can get the blame.

In fact when you look at these causes they are mostly related, where one can cause the next. So, the trick is to beat the headache as early as possible. At the first sign of a dull ache, in your head, shoulders or neck, you can take action to avoid the full onset of a headache.

The earlier you take action the better the outcome will be. Now, we don't always have a tablet with us when we are out and about so let's think about ways of alleviating the problem without medication. These tips will help reduce the need for painkillers and help you get through the day with a clear head.

Tips for Getting Rid of a Headache.

- You have to look after yourself, don't wait until your head is blowing off your shoulders and you are looking for a doctor. Eat and drink at the right times of the day, don't go without food or drink for too long, and never skip a meal. Limit your caffeine intake as well as alcohol if you attend business lunches or if you have friends over for lunch. Regular meals are very important.
- If you are able, close your eyes and rest in a quiet corner, make the lights darker rather than brighter, just sit and relax. A bit more difficult if you are at work, but find as much time as you can. If you are at home, have a lie down for a bit of a snooze as sleep will often reduce or get rid of the pain.
- Who doesn't like a good massage? Simply gently rubbing your neck and temples will ease tension headaches by improving the blood flow in those areas. Tension is a major cause of headaches.
- You can also ease the tension around your head and shoulder area by putting a warm scarf or pad around your neck. If that doesn't work you could try a cold compress, different strokes for different folks, both warm and cold work, it's just a matter of which works for you.

- Just relax in a comfortable armchair with your arms on the chair arms and your hands hanging real loose. Close your eyes, think of a nice peaceful place you know and just breathe it in deeply. There are a number of relaxation techniques you can use that may also work for those who suffer muscle contraction headaches.
- You can minimise stress by avoiding noisy or busy places that put too much urgency in your life. Slow down, sit down and put off the chores you set yourself until you feel more up to them.

But If All Else Fails.

At the end of the day, if you still need to take medication, try liquid rather than tablets, they work faster and will stop the headache becoming more serious. Medication will help stop the pain, but removing some of life's stresses by taking time to relax will certainly also assist.