

# BE IN CONTROL THROUGH LIFESTYLE CHANGES

BEAT THOSE TROUBLING BOUTS OF HEADACHES BY ADOPTING THESE EASY TO FOLLOW HEALTH RULES

## CHANGE THE ROUTINE

You must break from your boring schedule. Try something new or go for a vacation.



## MANAGE TIME WISELY

Try to have a to-do list and tackle it one at a time but don't stress yourself out over it.

## RELAX

Go for relaxation techniques like breathing exercises or go for a walk or listen to music without fail every day.

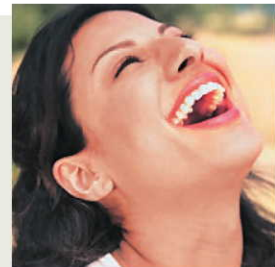


## EXERCISE REGULARLY

Exercise is known to prevent and at times, treat headaches.

## EAT SMART

A diet rich in fruits and vegetables gives you more energy and fuels you up, thereby reducing the stress levels.



## LAUGH

This is a great way to relieve stress. Laughter releases endorphins that help you feel better.