

Name _____

Unraveling the Mystery of Headaches

Open-Ended Response Questions

1. Discuss the importance of identifying headache triggers and how this knowledge can help individuals manage and prevent headaches.
2. Explore the impact of headaches on daily life, including challenges individuals may face at work or in their personal relationships. How can effective headache management improve overall well-being?
3. Reflect on the role of stress in triggering and exacerbating headaches. Discuss stress management techniques that can be beneficial in reducing headache frequency.
4. Consider the potential side effects and risks associated with the long-term use of pain medications for headaches. What alternative approaches to headache management can be explored to minimize these risks?

