

MIND • BODY • FOOD

BODY SIGNALS & SYMPTOMS

I Keep Getting Headaches

Look for patterns while taking warning signs seriously

Headaches are common but can have many contributors. A short record may reveal patterns in hydration, nourishment, sleep, tension and medication.

Space to Breathe Therapy

What could my body be telling me?

Headaches are common but can have many contributors. A short record may reveal patterns in hydration, nourishment, sleep, tension and medication.

Possible contributors

- Dehydration or long gaps between meals
- Sleep disruption, stress, muscle tension or screen strain
- Medication effects, migraine or another health condition

Look for patterns, not one explanation

Body sensations often have several possible causes. Consider timing, repetition, associated symptoms and what is different from your usual pattern. This resource supports reflection; it does not diagnose.

A practical response

Pause, notice and respond

- 1 Record when the headache starts, its location and severity.
- 2 Note food, fluids, sleep, stress, screens and menstrual or medication patterns.
- 3 Use only treatments that are safe and appropriate for you.
- 4 Review repeated headaches with a pharmacist or clinician.

Use the information safely

Notice whether the symptom is new, severe, persistent or affecting daily life. Use appropriate professional support rather than making major changes to food, medication or treatment by yourself.

Your symptom reflection

Time and severity /10

Where and how it feels

Food and hydration

Sleep, stress and screens

Medication or other pattern

Action or advice needed

When to seek support

Get urgent help for a sudden “worst-ever” headache, head injury, fever with stiff neck, confusion, seizure, weakness, vision loss or a major change from your usual pattern.