

Migräne-Schmeichler-Liste von A – Z:

A = *zb. Atemübung, alleine sein..*

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B = *zb. angenehme Berührungen*

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C = *zb. Cola*

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D = *zb. Dunkelheit (komplett)*

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E =

.....

F =

.....

G = *zb. gedimmtes Licht*

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H = *zb. Haustier bei sich haben*

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I =

.....

J =

.....

K = *zb. Kühlpack, Kuschedecke vom Kind, Körnerkissen*

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L = *zb. Lavendelduft, Lieblingseiscreme*

.....

M = *zb. Meditation, Medikamente (Triptan)*

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N =

.....

O =

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P =

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Q =

.....

R = *z.B. Ruhe (hinlegen)*

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S = *z.B. stilles Wasser*

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T =

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U =

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V =

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W =

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X =

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Y = *z.B. YinYoga, Yoga Nidra*

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Z =

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