NATURAL KNOWS

FREE PRINTABLE · 2 PAGES

Headache Day Kit

A calm 15-minute reset for tension-type headache days, plus a simple log to spot your own triggers. Print it, stick it near your desk.

The 15-minute reset

1 Water + step away — 2 min

Drink a full glass of water. Stand up, leave the screen and look at something far away for one minute.

2 Shoulders down — 3 min

Roll shoulders back 10 times. Slow chin tucks ×5. Gently tilt ear to shoulder, 20 seconds each side. Stop if it hurts.

3 Warm the neck — 5 min

A warm (not hot) towel or heat pack on the back of the neck and shoulders. Breathe in for 4, out for 6.

4 Peppermint roll (adults) — 1 min

1 drop peppermint essential oil in 1 tsp (5 ml) carrier oil, about 1%. Dab on temples and neck, away from eyes.

5 A calm cup — 3 min

Peppermint, ginger or chamomile tea, sipped slowly. Skip extra coffee if you already had your usual amount.

6 Screen + light check — 1 min

Lower screen brightness, raise the screen to eye level, dim harsh light. Write the headache in your log (page 2).

Safety first

- Traditional comfort habits only. This kit does not diagnose, treat or replace medical care.
- Essential oils: adults only, always diluted, patch test first, never near eyes or on broken skin. Ask a doctor first if pregnant, breastfeeding or on medication.
- If headaches are frequent, or you need pain relief more than a few days a week, talk to a doctor or pharmacist.

Get medical help right away if

- A sudden, severe headache that feels like the worst ever, or one after a head injury.
- Headache with fever and stiff neck, confusion, weakness, numbness, trouble speaking or seeing.
- A new kind of headache that keeps getting worse over days.

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My Headache Log

One line per headache. After 2 to 4 weeks, look for patterns: same time of day, same trigger, what helped. Take it to your doctor if you see one. Common triggers to watch: long screen time, poor sleep, skipped meals, low water, tight shoulders, stress.

Date	Time	Level 1–10	Possible trigger	What I tried	Better after?
e.g. Mon	15:30	5	3 h screen, no lunch	Reset steps 1–3, tea	Yes, 40 min

My patterns after 2–4 weeks

Most common trigger: _____ Best helper: _____ Best time to take a break: _____

Want the full set? The Essential Oils Bundle on naturalknows.com has dilution charts, roller recipes and safety cards for everyday use.