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Simple yet Effective Techniques to Cure Stress Headaches

Headaches are a very common complaint, given the stressful world in which we live. You should not, though, think that having a throbbing head every day is normal. This article will teach you some things that have been proven to stop and even cure stress headaches. Which one of these cures works best for you is going to depend on what is actually causing your headaches. I really just had wonderful achievements for my head pain utilizing a [back massager](#) after reading about it on [Shiatsu back massager](#).

Aspirin (or another medication you can buy over the counter) is the most common way to treat a stress headache. Depending on the type of headache you have and how bad it is, some medications will work better than others. It is important to understand, however, that taking medication for your headache makes you more prone to something called the "rebound" headache. This is the name for the headache that comes back after your meds wear off. This is why you should not take more than the recommended dose of any medication that you want to use for your headache without first asking a doctor whether or not the dose is sufficient.

You probably don't believe that posture has much to do with headaches, but the truth is that chronically bad posture can feed into headaches. People who spend a long time working at a computer stations, for example, suffer from this problem. Leaning forward with your head can be especially problematic, as this causes extra pressure on the neck and back. Try to be alert to any tension that you hold in your neck and shoulders when you are walking around or sitting. Aside from sitting up straight while you work, you should get regular massages and regular chiropractic treatments.

There are also other things you can try to get a healthier posture, like the Feldenkrais Method and the Alexander Technique. You can look for someone to practice the methods on you or you can learn from online videos and tutorials how to do it yourself.

A foot bath with hot water is a remedy that's often effective if you frequently get stress headaches. A foot bath doesn't need to be anything fancy, you can buy a foot spa like they have in pharmacies and online or you can use a bucket or even your own bathtub. This is a fantastic treatment to do right before going to bed. When you buy a foot spa you can set it up at your own comfort level but if you do your own prep, remember that you want water that is hot but not scalding. Keep your feet in the hot water for ten or fifteen minutes. In addition to being good for your feet, it helps your entire body relax and can at least prevent and sometimes cure tension headaches. To conclude, stress headaches are really common and can be caused by a lot of different things like not sleeping enough, drinking too much, consuming too much caffeine, etc. You need to be able to properly identify the source of your headaches and address them, even when it means making changes that you might find inconvenient. Nobody wants to have to deal with constant headaches, so it is important to do what you need to do to keep them at bay.

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