

Migraine at Work Discussion Plan

Prepare a practical discussion about work barriers and possible adjustments

DESCRIBE THE WORK BARRIER

My role and essential tasks

Situations that become difficult

- | | |
|---|---|
| ☐ Bright or flickering light | ☐ Noise |
| ☐ Strong scents | ☐ Long screen sessions |
| ☐ Rigid break timing | ☐ Temperature |
| ☐ Travel or driving | ☐ Concentration-heavy work |
| ☐ Unpredictable schedule | |

How these barriers affect specific tasks

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Prepare a practical discussion about work barriers and possible adjustments

PREPARE THE CONVERSATION

Changes I would like to discuss

- | | |
|--|--|
| ☐ Lighting change | ☐ Quiet workspace |
| ☐ Screen breaks | ☐ Flexible break timing |
| ☐ Temporary remote work | ☐ Schedule flexibility |
| ☐ Scent-aware area | ☐ Written follow-up |

How I prefer to communicate during an attack

How and when we could review what works

Meeting notes
