

# **3 SIMPLE EXERCISES TO GET RID OF TENSION HEADACHES**



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### — *Intro*

# Understanding the Causes of Tension Headaches: Exploring the Mind-Body Connection

Tension headaches are one of the most common types of headaches, affecting millions of people across the world. The causes of tension headaches are complex, and can vary from person to person. However, scientists have noted a strong mind-body connection when it comes to tension headaches.

This means that the stress, anxiety or depression that we experience can often trigger tension headaches. When we experience stress or anxiety, our bodies respond with a series of physiological changes. Our breathing quickens, our heart rate increases, and our muscles tense up. This muscle tension can cause headaches, especially in the neck and shoulders, which are common sites of tension. In addition to this, stress and anxiety can also cause changes in the levels of certain brain chemicals, which can further exacerbate headache pain.

Apart from stress and anxiety, other factors that may trigger tension headaches include poor posture, eyestrain, and sleeping in an awkward position. But regardless of the cause, preventing tension headaches often involves a combination of lifestyle changes, relaxation techniques, and specific exercises that address muscle tension in the neck and shoulders.



# — *Top Three Exercises to Relieve Muscle Tension in the Neck and Shoulders*



## **EXERCISE #1: SHOULDER ROLLS**

- a) Sit or stand up straight with your arms by your sides.
- b) Slowly raise your shoulders towards your ears, hold for a few seconds, and then let them drop back down.
- c) Do this exercise 5-10 times, and then roll your shoulders forwards and backwards for another 5-10 reps.

This exercise helps to loosen up the muscles in the shoulders and upper back, which can help to reduce tension headaches.

— *Top Three Exercises to Relieve Muscle Tension in the Neck and Shoulders*



**EXERCISE #2: NECK STRETCHES**

a) Tilt your head to the right, bringing your right ear towards your right shoulder.

b) Hold for a few seconds, and then repeat on the left side.

c) Next, drop your chin towards your chest, hold for a few seconds, and then tilt your head backwards as far as you can, looking up towards the ceiling.

Do each of these movements 5-10 times to stretch the neck muscles and release tension.

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**EXERCISE #3: UPPER TRAPEZIUS STRETCH**

a) Sit or stand up straight, and clasp your hands behind your back. Slowly raise your arms towards the ceiling, keeping your head and neck in a neutral position.

b) Hold for a few seconds, and then release.

This stretch targets the upper trapezius muscles, which are often tense in people who suffer from tension headaches.



How to Resolve Your Tension Headaches Fast

# Ready for Instant Relief from your Tension Headaches?

The exercises you just learned will help you get rid of the causes of tension headaches and will help your body be stronger overall.

You may still have things going on that require support to help you get out of pain faster than with the exercises alone.

Call our office today and schedule your free consult and let Dr. Carla look at your head, neck, and back so that you can get rid of the issues that cause this pain once and for all.

Call for a free consult with Dr. Carla at (480) 771-1700.

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