

On my terms

Practical support to help you have better conversations about migraine at work.

Almost
1 in 2 people with migraine have worried about letting colleagues or their employer down.¹

Migraine is more than headache.

It can cause tiredness and difficulty concentrating, and people report wide-reaching impacts on work, social life, mental health and confidence.²

At work, the impact may be visible, such as absence or missed shifts, or hidden, such as managing symptoms in silence, worrying about being believed, or pushing through when unwell.³

Better understanding can help you feel supported and able to live and work on your own terms.

References:

1. Lundbeck. Migraine Awareness Week Survey 2026. Data on file. REF-17863.

2. The Migraine Trust. Migraine Hurts: The Real Impact of Migraine in the UK. London: The Migraine Trust; 2024.

Available at: <https://migrainetrust.org/wp-content/uploads/2024/09/Migraine-hurts-report-2024.pdf> [Last Accessed September 2026]

3. The Migraine Trust. Challenging stigma: the urgent need to improve workplace support for people with migraine (2025)

Available at: <https://migrainetrust.org/wp-content/uploads/2025/09/Challenging-stigma-Workplace-briefing-2025.pdf> [Last Accessed September 2026]

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Speaking to your employer

We have developed a page at the end of this leaflet for you to hand to your employer to help start a conversation about how migraine affects you.

But before the conversation, think about:



What migraine looks like for me?

How does it affect my energy, concentration or ability to manage my day?



What support could help?

What practical change might make a difference?



What makes things harder?

Is there anything that worsens my symptoms?



What I'd like to ask for?

What is one clear thing I want to change?

Further information and support

Scan the QR code to visit On My Terms, a website containing practical information and support for people living with migraine.

On the site, there are plenty of helpful resources available for people living with migraine, as well as for their friends, family and colleagues who may want to know more about their condition or how to access help.



Scan to
access the
On my terms
website

This QR code leads to a non-promotional patient website developed & funded by Lundbeck.

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This leaflet is for information only and does not replace advice from a healthcare professional.

All imagery is AI-generated and does not depict real individuals.



Let's talk about Migraine

Someone in your team has chosen to share this with you because they trust you to understand how migraine affects them at work.

Migraine is a neurological condition. Symptoms can vary from person to person and from one attack to another, and the length and frequency of attacks can change over time.⁴

Taking the time to listen can help you better understand their experience and explore together what support might make a difference.

A good place to start

Consider asking:

- What does migraine look like for you?
- What tends to trigger or worsen it at work?
- Are there adjustments that would help?
- How can we support you during an attack?
- How much of this, if anything can we share with your colleagues?

After your initial conversations, try and keep the conversation going. Things can change over time and needs may evolve.

For more information about migraine at work and practical workplace adjustments, visit the On My Terms website at:

<https://lifeonmyterms.co.uk/lundbeck-connected/migraine-awareness-week/>

Reference:

4. NHS Conditions: Migraine. 2026. Available at: <https://www.nhs.uk/conditions/migraine/> [Last Accessed September 2026]