

Tension headache

Tension headaches are a type of headache that is characterized by its constant, non-pulsating nature and mild to moderate intensity. This condition is caused by muscle contractions. The discomfort is characterized by a sensation akin to pressure from a helmet on the upper portion of the head or the rear of the neck, frequently manifesting on both sides. This condition is prevalent, and in some cases, it recurs or manifests chronically. It should be noted that this condition may be accompanied by a worsening of symptoms due to exposure to light and loud noises, as well as mild nausea. The condition typically commences while the individual is awake, gradually intensifying throughout the day. As with other types of headaches, there may be pain when pressing on certain sensitive points on the head. Some patients with tension headaches also experience another type of headache: [migraine](#).

Preventing headache

It is advisable to avoid the regular use of high doses of pain relievers (e.g., codeine, ergotamines, paracetamol) as **this may lead to overuse and subsequent headaches.**

It is also important to get the right amount of sleep.

Stress, anxiety, and depression have been identified as contributing factors to headaches. It is essential to maintain control over these elements.

It is advisable to **maintain healthy sleep, exercise, and eating habits, and to avoid situations that trigger headaches.**

It is strongly advised that you refrain from smoking and consuming alcohol. Coffee and cola drinks have been known to cause headaches in some individuals. If the pain is very persistent and frequent, your doctor may prescribe preventive treatment.

How to handle pain flare-ups

Taking a break from work or personal concerns through activities like walking, unwinding, or resting can be beneficial. If resting does not reduce the pain, you can take a painkiller such as paracetamol or ibuprofen. Mint tea has an analgesic effect and can be combined with a relaxing herbal tea. If the pain is concentrated at the back of the head and neck, massages and hot compresses or baths will also provide relief.



When should you consult with a doctor?

If the headache is different from usual or you are over 50 years old or if it is a new onset, consult your doctor. Furthermore, if it is accompanied by vomiting or if it hinders your ability to carry out your daily activities, it is also a cause for concern. If the pain increases with exercise or coughing, if it wakes you up at night, if you need to take painkillers most days, if you feel intense sadness, if you cannot reduce your nervousness, if the pain becomes more intense or localized, or if it is associated with fever or mental confusion, consult your doctor.