



The Self-Hypnosis Card

A calm-down practice you can learn on a good day



Stillness edition



Educational support — not medical advice.

Your Self-Hypnosis Card

Eight to twelve minutes. Learn it on a good day so it is ready on a hard one.

Print this page, or keep it on your phone next to the Prodrome Catcher. The card is the short version. The practice underneath it is the same thing in full sentences, for the first few nights while you are learning it.

Migraine Master

Migraine Master · Self-hypnosis

Self-Hypnosis Card

Eight to twelve minutes. Learn this on a good day so it is ready on a hard one.

- 1 Arrive · 1 minute**
Settle in. Breathe in for four and out for six.
Unclench your jaw and let your shoulders drop.
- 2 Soften · 2 minutes**
Move from your forehead down to your feet.
Let each part of you get a little heavier.
Nothing here needs forcing.
- 3 Your cue word**
Choose one word and say it on the exhale.
Soft, steady, warm, home — whatever feels like yours.
- 4 Warm hands, cool head · 3–4 minutes**
Imagine your palms around a warm mug.
Then give your forehead the feeling of a cool cloth.
You choose the sensation.
- 5 Change the channel · 2 minutes**
Turn the pain down, move it, or leave it in the chair.
You are simply giving your brain something else to do.
- 6 Come back · 1 minute**
Wiggle your fingers. Open your eyes on an exhale.
Drink a little water.

Use this at the first prodrome signal, in that morning window, or with your Relief Room.

The practice, in full

Eight to twelve minutes. Learn this on a good day so it is ready on a hard one.

1. Arrive — 1 minute

Settle in. Breathe in for four and out for six. Drop your tongue from the roof of your mouth, unclench your jaw, and let your shoulders fall half an inch.

2. Soften the body — 2 minutes

Move from your forehead down: temples, eyes, jaw, neck, shoulders, hands, belly, legs. You are not forcing anything. You are just noticing each area and letting it get a little heavier.

3. Your cue word

Choose one word you will reuse every time. Soft. Steady. Warm. Home. Say it on the exhale.

4. Warm hands, cool head — 3 to 4 minutes

Imagine your palms wrapped around a warm mug, or resting in sunlit water. Warmth into the palms, the fingers, the wrists. Then give your head the opposite: a cool cloth, a night breeze, shade. Forehead cool, eyes easy. If warmth in the head feels better for you than cool, switch. You choose the sensation.

5. Change the channel — 2 minutes

Turn the pain down like a dimmer. Move it two inches and make it smaller. Or step one room over in your mind and leave the ache in the chair. You are not pretending it is not happening. You are simply giving your brain a second job.

6. Come back — 1 minute

Wiggle your fingers. Take one deeper breath. Open your eyes on an exhale. Drink a little water.

When to use it

- Nightly for two weeks so the groove exists
- At the first Prodrome Catcher signal
- In the Relief Room while the compress timer runs
- After a high-output day, before the let-down hit arrives

If your mind wanders the whole time, that still counts. Wandering and coming back is the practice. Log it in the Habit Tracker like magnesium. Same energy: quiet, consistent, not cinematic.

This is a self-soothing skill, not a treatment plan. Keep your usual care and trackers running alongside it.