



Lifestyle Redesign®

FOR CHRONIC HEADACHES

USC Occupational Therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

We can help you:

- Identify and manage headache triggers
 - Create a balanced lifestyle with healthy habits and routines
 - Recognize and manage stress, anxiety and depression
 - Engage in physical activity
 - Create a restorative sleep routine
 - Identify dietary triggers and a sustainable eating routine
 - Create an ergonomic workspace, car and home
 - Implement pacing and energy conservation techniques
 - Learn assertive communication strategies
 - Modify the environment to address sensory needs
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How much time will this take?

Sessions are typically held for 30-60 minutes, one time per week, in person or via telehealth. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?

We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan and if any co-pays apply.

Find out more at chan.usc.edu/otfp

**For any questions, email otfp@med.usc.edu,
call (323) 442 - 3340 or fax (323) 442 - 3351.**

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