



Linda Langerak
Beaverton, Ontario, Canada
"Release II"
acrylic
40 inches long x 39 inches wide

I have suffered from chronic daily headaches my whole life. In addition to the daily headaches, I am also a migraine sufferer. I get my migraine headaches from good adrenaline! I have to keep positive feelings and excitement in check to avoid the migraines that make me want to cut a hole into the side of my head to release the pain and pressure. This is a painting that started out as something completely different, but ended up as this because I was suffering a relentless migraine at the time and I refused to put my paintbrush down. This is a representation of what I felt was going on in my head at the time I painted this piece. Sometimes the pain feels so intense I think its just going to break me.

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Ellen Rogers
Portland, Maine
"Migraine 4"
digital
6 inches long x 7 1/2 inches wide

Nausea is an integral part of my migraine experience, often the first symptom to appear and the last to leave. My insides become my enemy, as if pressurized to the point I fear they might break through my abdomen and escape my body. I am reduced to existing in a void filled only with pain.

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Lynda Robinson
Victoria, Australia
"My Migraine" - Self Portrait"
pastel
55 cm x 35 cm

I am a migraine sufferer! My first attack occurred when I was 13 years old and I had no idea what was happening to me. Migraine is so much more than a headache, and if you are a sufferer too you will know what I'm talking about! An attack can last from 12 to 24, and sometimes 48 hours. When it finally subsides I am left with a feeling of total exhaustion for a couple of days. The screwdriver illustrates the searing, throbbing pain that is concentrated on the side of my head and behind my eye. If I was looking at my face in a mirror I would only be able to see a quarter of my whole face. The needles in my hand signify the numbness which I get in my hand, arm and sometimes my leg. The lettering signifies the vision disturbance which lasts for about an hour before I get the headache, and the confusion I feel when trying to concentrate on words (I sometimes say things backwards during an attack and call things by their incorrect names) and finally there are the bright flashing lights and the nausea.

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Ellen Rogers
Portland, Maine
"Migraine 3"
digital
4 1/2 inches long x 7 1/2 inches wide

The sudden onset of migraines, chronic fatigue, and fibromyalgia derailed my life. I had to leave my job and give up many normal activities. Although incapacitated much of the time for several years, my friends, doctors, and even family did not comprehend what was happening to me until I started using art to convey my experiences.

Migraines warp my perception of time and space. I am trapped within my physical body, at the complete mercy of the migraine. The world presses in with its light, heat, sound, smells, and touch, each causing misery in its own way. The pain overrides everything else until there is no past, no future, only that moment of suffering.

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