

Migraines are such a pain in my… brain. They literally leave you feeling useless. I can't function when I have one, and sleep is out of the question too. So, here I am, typing away while my brain tries to convince me that I'm worthless.

That said, it's moments like these that remind me how easy it is to take things for granted. And right now, I'm thankful. Thankful that I've got meds and my mom's potion—*pomada china* (aka Tiger Balm)—to ease the pain, an electric massager to help with the tension in my neck, and a cozy space to sit while I wait for relief to kick in.

When I focus on that, the migraine, though still pounding, feels a little more manageable. I'm lucky. Yet another reminder to appreciate the little things and be mindful of the struggles others face every day. I tell you, there's always something to be grateful for.

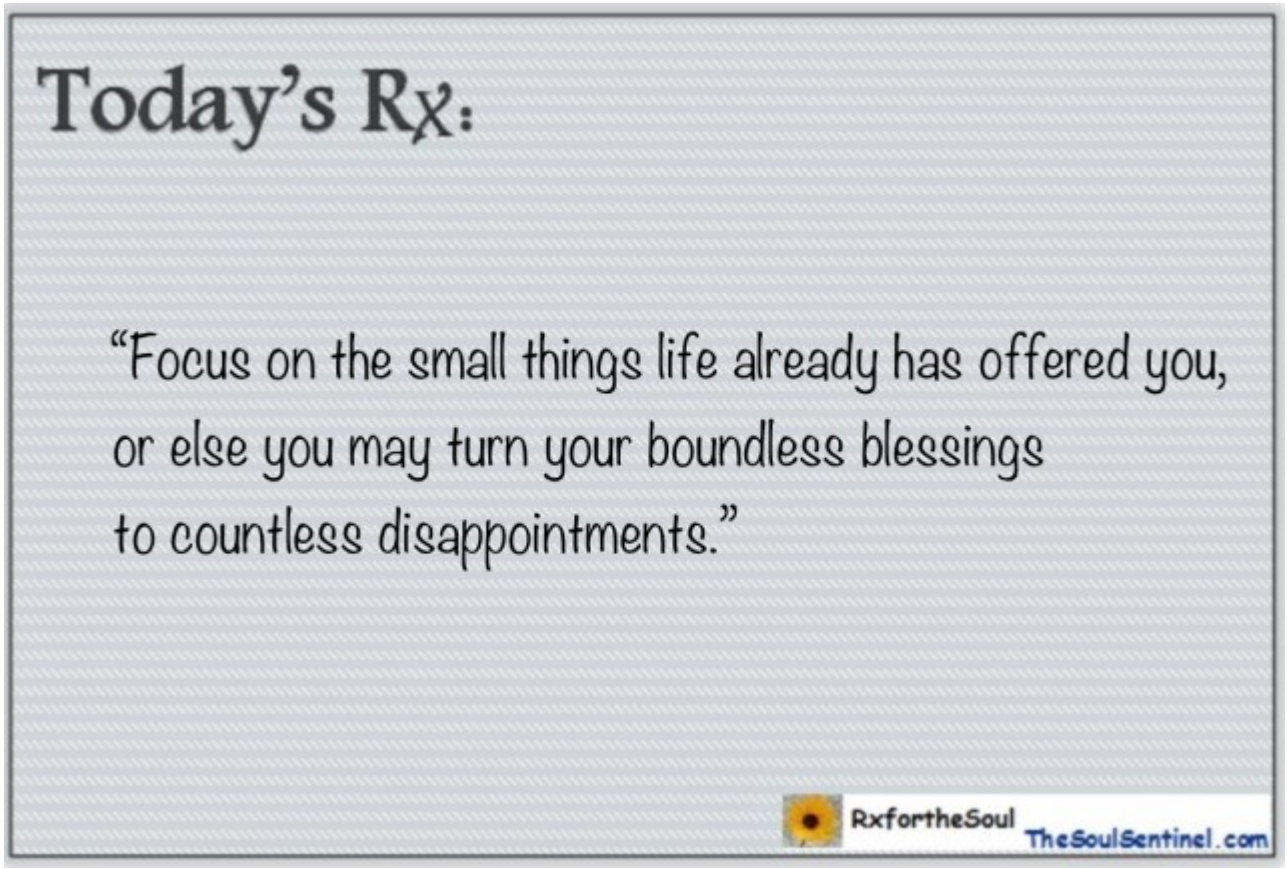
Relief is setting in…ahhh…this too shall pass. I think I'll post this.

Quick, guys —name three small things you're grateful for. Go:

Until next Thursday's post…si Dios quiere.

"If given the chance to turn back the clock, I wouldn't chance a thing, as I wouldn't be the rockstar I am today, if life didn't give me migraines."
-Dr. Z. Asari

"For the person for whom small things do not exist, the great is not great."
-J. O. Gasset



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