



Pacing and Energy Management with FND

A Short Guide for Patients and Caregivers

Many people living with Functional Neurological Disorder (FND) notice that symptoms can worsen when they push beyond their physical or mental limits. Learning how to pace activities can help support the nervous system and reduce symptom flare-ups.

Pacing does not mean avoiding activity. Instead, it means balancing activity and rest so the body and brain have time to regulate.

Understanding the Boom-and-Bust Cycle

Some individuals experience a pattern where they feel better for a short time and try to do many activities at once. This can sometimes lead to increased symptoms later.

This pattern is often called the 'boom-and-bust cycle.' Pacing helps create a steadier rhythm that supports recovery and stability.

Simple Pacing Strategies

- Break tasks into smaller steps
- Take short rest breaks before symptoms become overwhelming

- Alternate between physical, mental, and quiet activities
- Plan activities across the day instead of doing everything at once
- Gradually increase activity levels over time

Listening to Your Nervous System

Everyone experiences FND differently. Over time, individuals often learn the early signs that their nervous system is becoming overloaded.

Responding early with rest, calming strategies, or a change of activity can sometimes prevent symptoms from escalating.

Learn More

Healing Horizons for Functional Neurological Disorder provides educational resources and supportive tools for individuals and families affected by FND.

Website: healinghorizonsfnd.ca

Important Note: Healing Horizons for Functional Neurological Disorder provides educational resources and peer-support information. We do not provide medical advice, diagnosis, or treatment. Individuals should consult their healthcare providers regarding medical care.