



Understanding FND Symptoms

A Short Guide for Patients and Caregivers

Living with Functional Neurological Disorder (FND) can feel confusing, especially when symptoms change from day to day. FND symptoms are real and involuntary. The condition affects how the brain sends and receives signals within the nervous system. When these signals are disrupted, the body may have difficulty controlling movement, sensation, or other functions.

Why Symptoms Can Change

FND symptoms often fluctuate. Some days may feel easier, while others may be more difficult. This happens because the brain systems involved in movement, attention, emotion, and sensory processing interact closely with each other.

Factors that may influence symptoms include:

- Fatigue or physical exhaustion
- Stress or emotional strain
- Illness or physical injury
- Sensory overload
- Pushing beyond physical limits

A Key Thing to Remember

Changing symptoms do not mean the condition is imagined or "in your head."
Fluctuating symptoms are common in many neurological conditions, including FND.

Learning how the nervous system responds to different situations can help people develop practical ways to support their well-being.

Moving Forward

Many people living with FND find that understanding the condition and working with supportive healthcare professionals can help them develop strategies that improve daily functioning over time. Progress with FND is often gradual and can look different for each person.

Learn More

Healing Horizons for Functional Neurological Disorder (HHFFND) 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.