



When FND Symptoms Increase

A Short Guide for Patients and Caregivers

Symptoms of Functional Neurological Disorder (FND) can sometimes increase suddenly. This can feel frightening or overwhelming, but many people find that symptoms settle when the nervous system is given time and support to calm.

FND symptoms are real and involuntary. Episodes can vary from person to person and may improve gradually as the body begins to regulate again.

Gentle First Steps

- Pause and allow the body time to settle
- Slow your breathing and focus on calm, steady breaths
- Reduce sensory input such as noise, bright lights, or busy environments
- Sit or lie down in a safe and comfortable position
- Avoid pushing through severe symptoms

Supporting the Nervous System

When symptoms increase, some people find that gentle regulation strategies can help the nervous system settle.

- Breathing or grounding exercises

- Listening to calming sounds or music
- Focusing attention on slow, controlled movement
- Reducing stimulation and allowing quiet rest

Different strategies work for different people. Over time, individuals often learn which approaches help their own nervous system regulate.

When Additional Support May Help

If symptoms are severe, persistent, or concerning, individuals should contact their healthcare provider or seek appropriate medical care.

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.