

# Managing Symptoms While Driving

Driving with Functional Neurological Disorder (FND) can sometimes feel unpredictable, especially if symptoms begin while you are already on the road.

This page is here to help you recognize early signs, respond safely, and reduce pressure in the moment.

## Recognizing Early Signs

Symptoms do not always start suddenly. There can often be early signals that something is changing.

These may include:

- increased tension or discomfort in the body
- changes in focus or awareness
- feeling overwhelmed or overstimulated
- subtle changes in movement or coordination
- dizziness or visual changes

Recognizing these early can give you more time to respond safely.

## What to Do if Symptoms Start While Driving

If you notice symptoms beginning while driving, the priority is to reduce risk as early as possible.

This may include:

- staying calm and avoiding sudden reactions
- slowing down gradually
- moving toward a safe place to pull over
- turning on hazard lights if needed

Once stopped:

- take a moment to allow symptoms to settle
- avoid rushing to continue driving
- assess whether it feels safe to proceed or not

## Reducing Stimulation in the Moment

When symptoms increase, reducing input can help your system settle.

You might:

- lower or turn off music

- reduce conversation or distractions
- focus on slow, steady breathing
- keep your attention on simple, steady actions

The goal is to reduce overwhelm, not push through it.

## Knowing When to Stop

There may be times when continuing to drive is not safe.

This can include when:

- symptoms are escalating
- control of movement is affected
- awareness or responsiveness is reduced
- you feel unable to focus on driving

Stopping early is safer than trying to continue through worsening symptoms.

## After You Have Stopped

Once you are safely pulled over:

- give your body time to settle
- avoid pressure to resume driving right away
- consider contacting someone if support is needed
- choose an alternative plan if symptoms do not improve
- This is not about interruption. It is about safety.

## Responding Early Supports Safety

Managing symptoms while driving is not about control or pushing through. It is about noticing changes early and responding in a way that keeps you and others safe.

This information is provided for general support and education. It is not medical advice. Driving rules may vary depending on your symptoms and where you live. If your symptoms affect awareness, responsiveness, or control, or if you are unsure about your ability to drive safely, speak with a qualified healthcare professional and check your local driving authority requirements.