



Pacing and Energy Management with FND

A Short Guide for Patients and Caregivers

Some people living with Functional Neurological Disorder (FND) find it difficult to balance activity, fatigue, and other symptoms. Pacing is one strategy that may be used to help manage daily activities and energy demands.

Pacing does not mean avoiding activity. It involves planning and balancing activities, breaks, and recovery time in a way that is manageable for the individual.

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 may help some people develop a more manageable and consistent pattern of activity over time.

Simple Pacing Strategies

Depending on individual needs and guidance from healthcare or rehabilitation professionals, pacing strategies may include:

- Breaking tasks into smaller steps
- Planning breaks during demanding activities

- Alternating between different types of activities
- Spreading activities across the day or week
- Gradually increasing activity when appropriate

Noticing Your Patterns

Everyone experiences FND differently. Some people find it useful to notice patterns in their symptoms, fatigue, activities, and daily routines.

Keeping track of these patterns may help identify when activities feel manageable, when breaks may be useful, and which pacing strategies work best for the individual. A healthcare or rehabilitation professional familiar with FND can help develop an approach suited to a person's needs.

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.

References

1. Lehn A, Petrie D, Palmer D, et al. Managing functional neurological disorder: treatment recommendations for health professionals in Australia. *BMJ Neurology Open*. 2025;7:e000970. doi:10.1136/bmjno-2024-000970.
2. Nielsen G, Stone J, Matthews A, et al. Physiotherapy for functional motor disorders: a consensus recommendation. *Journal of Neurology, Neurosurgery & Psychiatry*. 2015;86(10):1113-1119. doi:10.1136/jnnp-2014-309255.