My FND Symptom Map ♡

Diagnosed ♡

- Functional Neurological Disorder (FND)
- Non-epileptic dissociative seizures
- Functional weakness / movement symptoms

Questions ?

- What might be contributing right now?
- Are there other things we should check?
- What treatments or supports do you suggest?

What helps

- Pacing and rest
- Breathing exercises
- Support from family and friends
- Gentle movement
- Distraction (music, TV)

Safety

- I'm usually safe during episodes
- Please speak calmly and give me time
- I may need a quiet space
- My supporter can help

Same me ♡
different symptoms
– still hopeful ☆