

Across

1. Where thoughts happen, worries multiply, and grocery lists vanish.

3. What we try to do when life refuses to behave.

5. To notice an emotion or a body sensation.

7. Help given to someone who needs it.

8. One part of the social part of the biopsychosocial model

11. Things that happened before now.

13. A simple word for being sick or unwell.

17. FND does not have one known simple one.

20. Improvement in health, symptoms or ability over time.

21. Losing work, health or independence can bring difficult feelings.

22. A neurological condition that commonly occurs alongside FND.

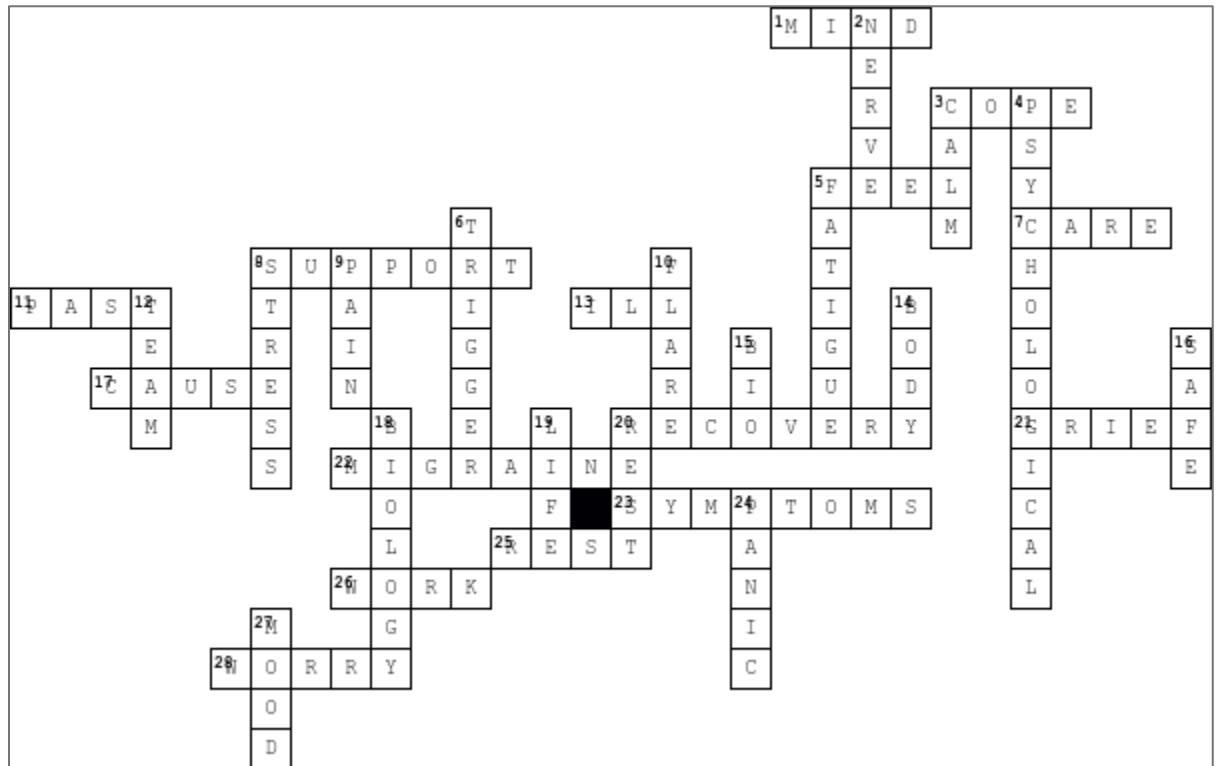
23. Changes in the body or mind that a person notices or experiences.

25. Doing less on purpose, which can be surprisingly difficult.

26. One part of a person's social life.

28. Thoughts about something that might go wrong.

2. One part of the body's message system.
3. Feeling less worried, upset or tense.
4. Thoughts, feelings, stress and ways of coping.
5. When 'I'm tired' feels like a serious understatement.
6. Something that may set off or worsen symptoms in some people.
8. The thing that can make your nervous system act like it has 37 browser tabs open.



9. The body's least subtle way of asking for attention.
10. A time when symptoms become worse for a while.
12. A group of people working together to help someone.
14. Pain, illness and injury can affect this.
15. The part of biopsychosocial that means the body and brain.
16. Feeling protected from danger or harm.
18. The body-and-brain part of the biopsychosocial model.
19. The biopsychosocial model looks at many parts of a person's ____.
20. Taking a break from activity.
24. A sudden, very strong feeling of fear.
27. How you are feeling emotionally.