

Brain-Boost Crossword: FND Essentials

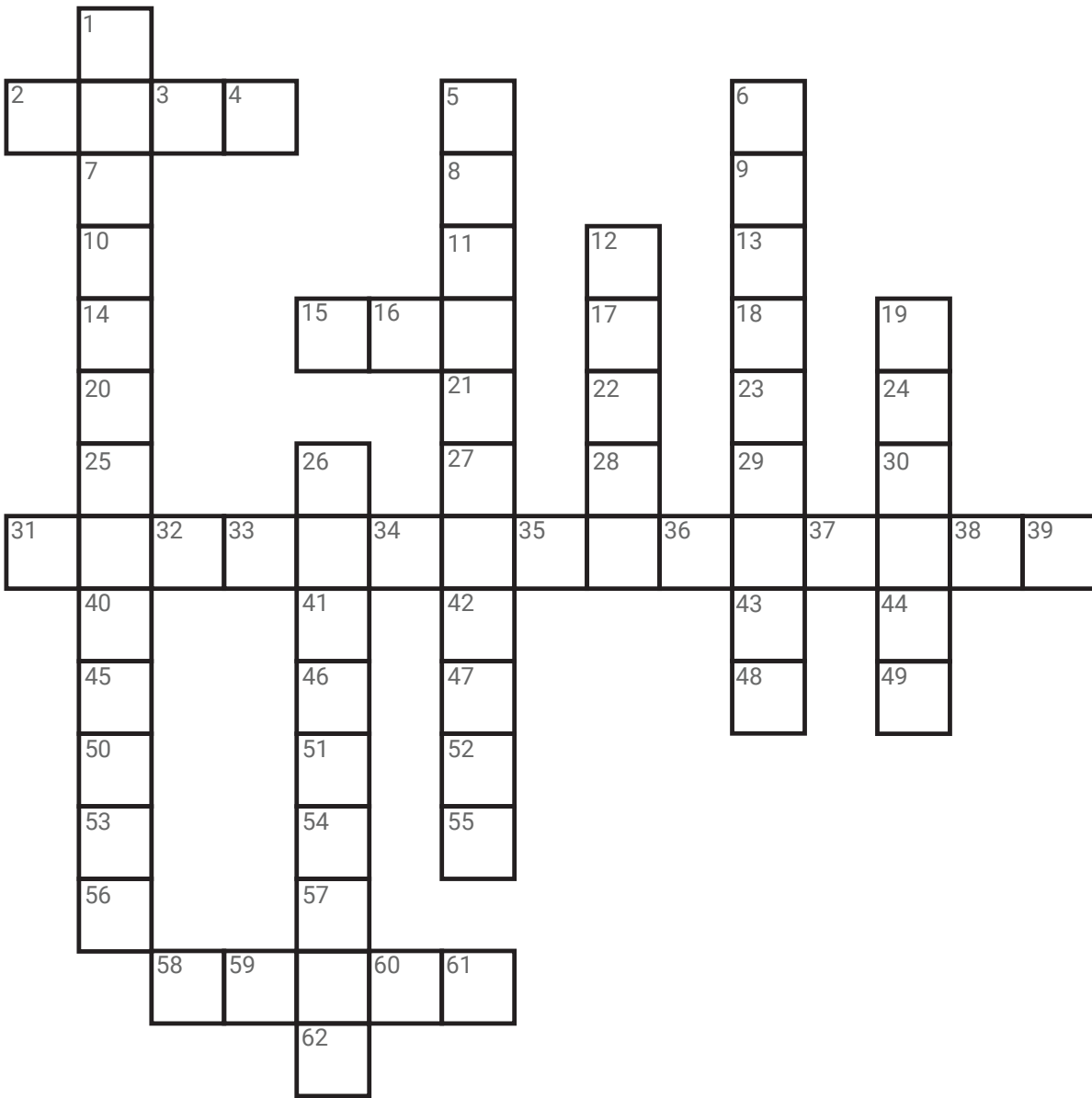
Curiosity is powerful medicine. This quick puzzle nudges your brain to retrieve—and reinforce—key terms you’ll see across Fit + Function, giving memory, attention, and word-finding circuits a gentle workout. Tackle it in short bursts, pace yourself with breaks, and enjoy the quiet confidence that comes from keeping your mind actively engaged on your own terms.

Across

2. Seizure-like episodes in FND, now termed Functional Nonepileptic Seizures (abbr.)
15. Short, three-letter abbreviation for the disorder at the heart of our community
31. The brain’s capacity to reorganize its pathways—fuel for healing and learning
58. Unit of daily energy in the chronic-illness “spoon theory” (singular)

Down

1. Inner-body awareness of heartbeat, breath, and gut—often a therapy target in FND
5. Paying purposeful, non-judgmental attention to the present moment
6. Simple techniques that connect you with the here-and-now (e.g., 5-4-3-2-1 method)
12. Longest cranial nerve that helps regulate calm, digestion, and heart rate
19. Balancing activity and rest to avoid the “boom-bust” cycle of exhaustion
26. Broad term for mental processes like memory, attention, and problem-solving



Key:

Across


- 2. PNES
- 15. FND
- 31. Neuroplasticity
- 58. Spoon


Down

- 1. Interoception
- 5. Mindfulness
- 6. Grounding
- 12. Vagus
- 19. Pacing
- 26. Cognition



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