

Mind-Boost Word Search: FND Foundations

Give your brain a friendly tune-up while you learn (or refresh) the language of Functional Neurological Disorder. This quick word search hides 20 key terms—from AUTONOMIC to MINDFULNESS—that shape daily life with FND and guide the Fit + Function approach. Spend a few focused minutes hunting each word, then pause, stretch, or practice a calming breath before diving back in. Short bursts of puzzle play sharpen attention, reinforce useful vocabulary, and remind you that caring for cognitive health can be both simple and satisfying.

Search Terms


- FUNCTIONAL:** Describes symptoms that are real and life-changing, but caused by how the brain functions (works), not by damage you can see on a scan.
- AUTONOMIC:** Refers to automatic body jobs—like heart rate, blood pressure, or digestion—that can act up in FND.
- HYPERSENSITIVITY:** When sights, sounds, touch, or other sensations feel stronger or more uncomfortable than they should.
- ADVOCACY:** Speaking up—for yourself or others—to get fair treatment, clear information, and better FND care.
- GROUNDING:** Simple techniques (touching a cool object, naming five things you see, etc.) that pull your mind back to the present and calm symptoms.
- MINDFULNESS:** Paying close, kind attention to right now—one breath, one sensation at a time—to lower stress signals.


- BREATHWORK:** Controlled breathing exercises that help settle a racing nervous system.
- PACING:** Balancing activity and rest so you don't use up all your energy in one go.
- WELLNESS:** Feeling well in body, mind, and daily life—the big goal of Fit + Function.
- BIOPSYCHOSOCIAL:** A “whole-person” view that blends biology, thoughts and feelings, plus life factors (work, family, stress) when treating FND.
- INTEROCEPTION:** Your inner “body radar” that lets you notice signals like heartbeat or hunger; relearning it can ease FND symptoms.
- MULTIDISCIPLINARY:** A team approach—neurologists, psychologists, PT/OT, speech therapy, and more—working together for faster progress.
- SOMATIC:** Body-based; therapies that start with movement, posture, or sensation to help the brain reset.
- VAGUSNERVE:** A long nerve that sends “calm” messages between brain and body; many Fit + Function tools aim to keep it balanced.
- MOVEMENT:** Any physical action—from gentle stretches to walking—used to retrain the brain–body link.
- BIOFEEDBACK:** Tech that shows real-time body signals (like heart rate) so you can learn to control them.
- THERAPY:** Professional help—talking, physical, speech, etc—that teaches skills to lower symptoms and boost quality of life.
- GRADEDEXERCISE:** Starting with easy activity and slowly adding more challenge to build strength and confidence without flare-ups.
- RETRAINING:** Practicing new patterns (thoughts, movements, or reactions) so the nervous system learns healthier habits.
- MOTIVATION:** The inner push that helps you start—and keep doing—helpful habits like breathwork, therapy exercises, or pacing your day so you move closer to feeling better.

B V P M O R E T R A I N I N G Y G T T F
T R A M S M P C X A R F O Z W Q E J H U
F H E G F F O A V B S I G Z T B B G E N
U I X A U Z D V C R I P N M F P S X R C
S K Z P T S M A E I B O D A X T Q Q A T
K R H T T H N X U M N B F V P R P A P I
S V Y K E C W E L T E G Q E I I O M Y O
E V E L J C T O R J O N L L E Y Y V P N
G G T Q V Q D L R V U N T M F D K C C A
R S X G G E R V X K E Z O C S O B K G L
O U O S O M A T I C F N F M W X L A U X
U V B I O P S Y C H O S O C I A L J C Z
N M O T I V A T I O N U T E G C U D R K
D V U M U L T I D I S C I P L I N A R Y
I Y F T T L G R A D E D E X E R C I S E
N B Q Y J D C C D W E L L N E S S D T W
G M R Y A P P Y A R G K M R S Y E S G C
H Y P E R S E N S I T I V I T Y M M O A
U I N T E R O C E P T I O N M I L B V F
A D V O C A C Y M I N D F U L N E S S C



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