

FND TOOLKIT: TIPS TO SUPPORT WELLBEING

<p>Learn and educate yourself on FND www.fndaus.org.au www.neurosymptoms.org</p> <p>1</p>	<p>Learn Grounding Techniques and Mindfulness</p> <p>2</p>	<p>Access Peer Support @FNDAus</p> <p>3</p>	<p>Engage in enjoyable activities that serve as a distraction technique</p> <p>4</p>
<p>Maintain friendships that support your wellbeing. Don't Isolate</p> <p>5</p>	<p>Distract through music, that supports your wellbeing</p>  <p>6</p>	<p>Make your own rescue pack e.g. heat packs, essential oils</p> <p>7</p>	<p>PACE PACE Pace Avoid the boom and bust cycle</p> <p>8</p>
<p>Be Prepared Make daily notes and lists</p>  <p>9</p>	<p>Invest in Webster packs and/or other medication organisers</p> <p>10</p>	<p>Look for FND friendly practitioners www.fndaus.org.au www.fndaustralia.com.au</p> <p>11</p>	<p>Work with Physiotherapist to learn normal movements and maintain function</p> <p>12</p>
<p>Set achievable daily goals that are realistic based on your current functioning</p> <p>13</p>	<p>Speak to an Occupational Therapist about assistive devices and adaptations</p> <p>14</p>	<p>Speak to a Psychologist for support as you adapt to the impact of the illness</p> <p>15</p>	<p>Find your own happy place. Stay positive.</p>  <p>16</p>