



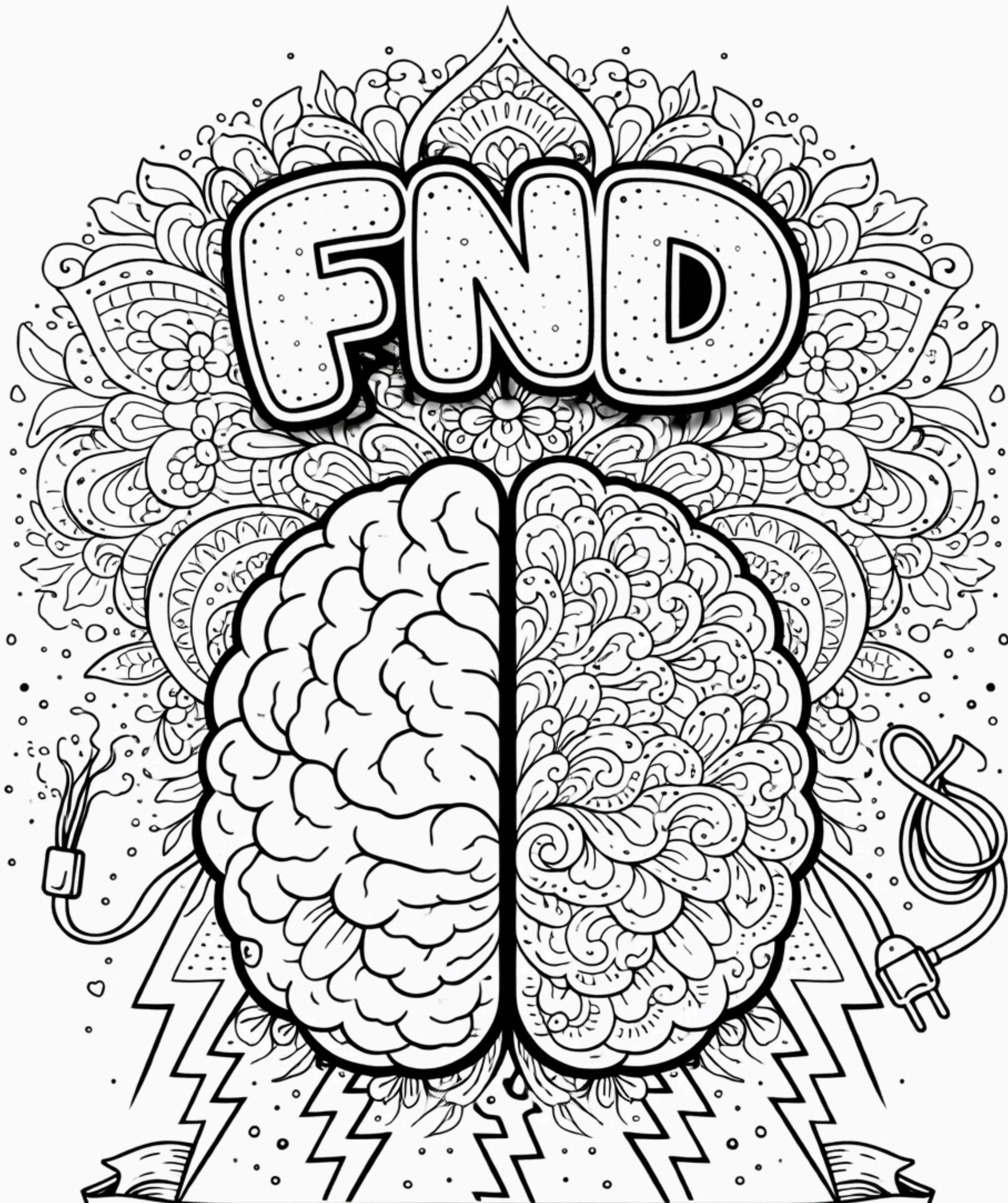
FND

Virtual Colouring Book

Healing • Belonging • Hope

Created for the FND Community





♡ Functional Neurological Disorder ♡



COMMUNITY

LOVE

SELF-CARE

POSITIVITY

FND

HEALING • BELONGING • HOPE



RESILIENCE

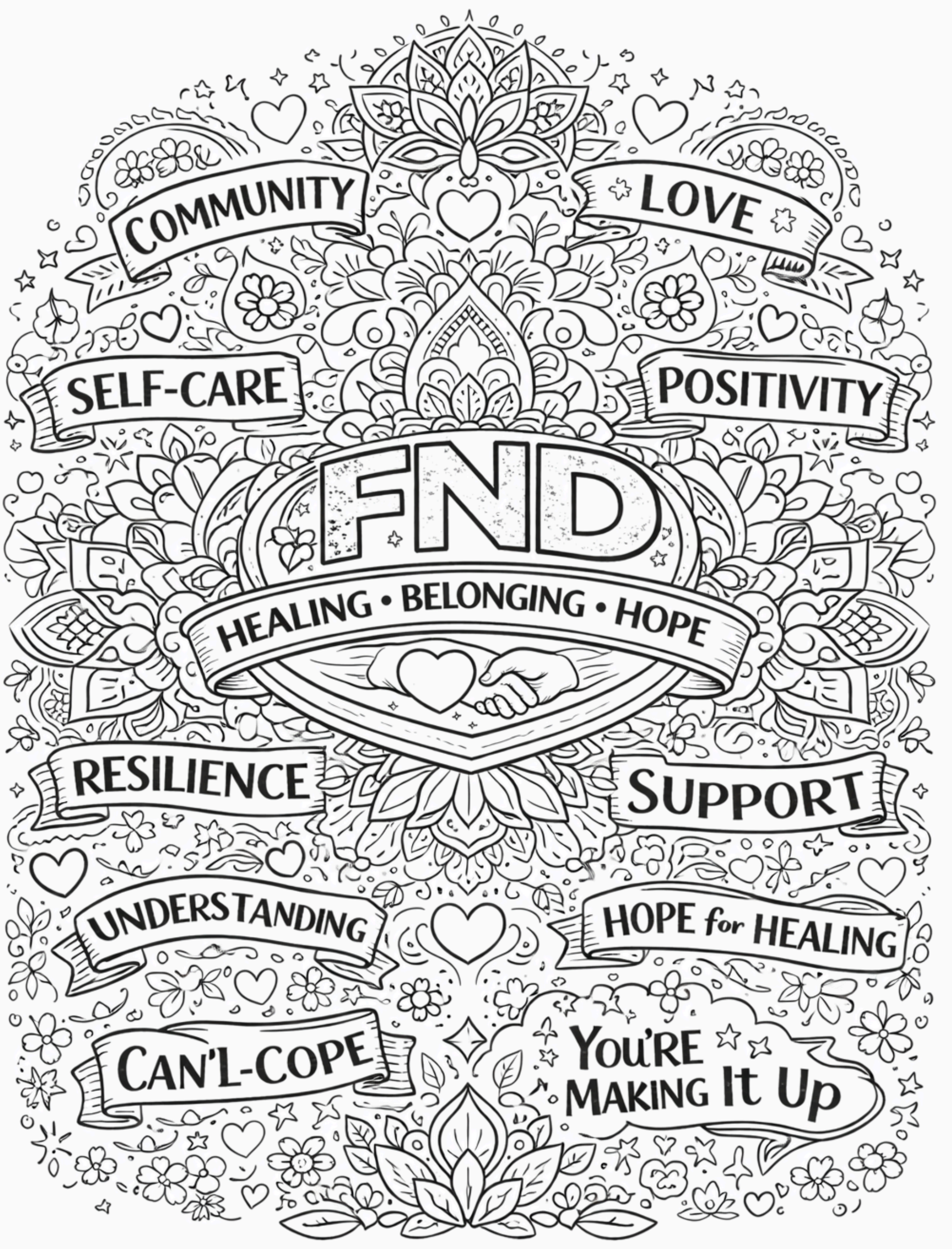
SUPPORT

UNDERSTANDING

HOPE for HEALING

CAN'L-COPE

You'RE
MAKING It Up



Pain

Fatigue

Chronic

**No
Diagnosis**

Stigma

FND

HEALING • BELONGING • HOPE

Functional

Neurological Disorder

**Can't
Cope**

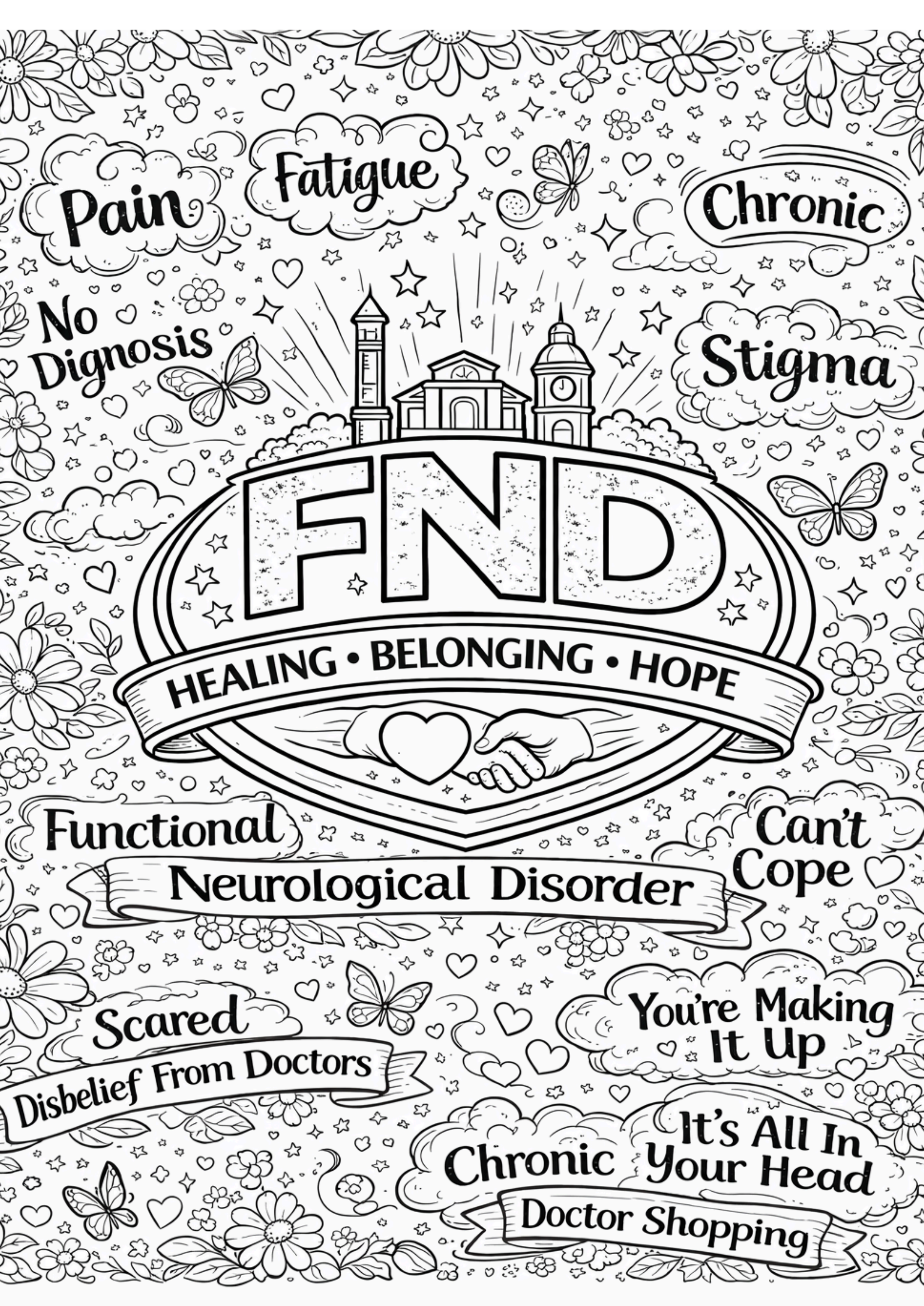
Scared

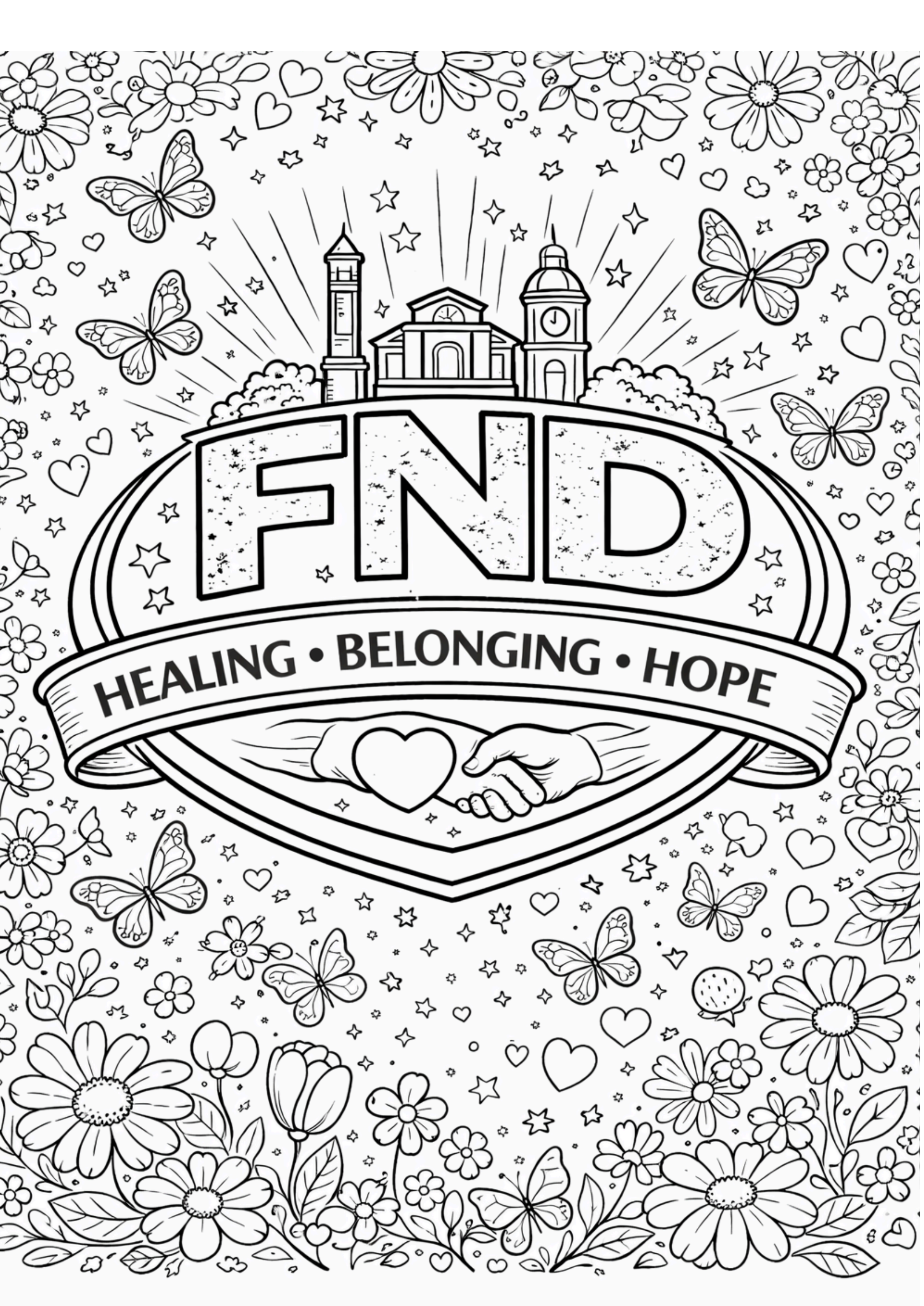
**You're Making
It Up**

Disbelief From Doctors

**Chronic It's All In
Your Head**

Doctor Shopping

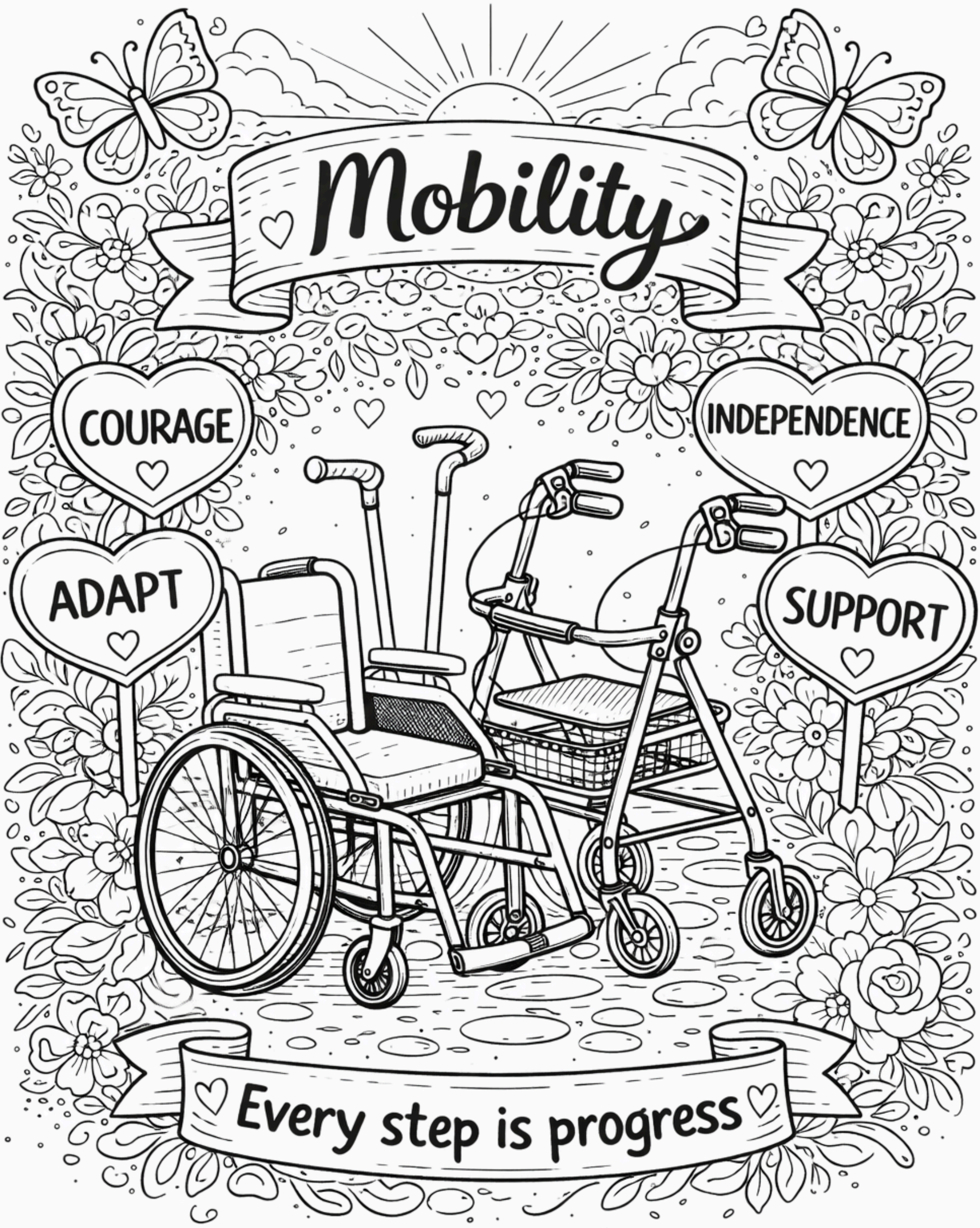




FIND

HEALING • BELONGING • HOPE





Mobility

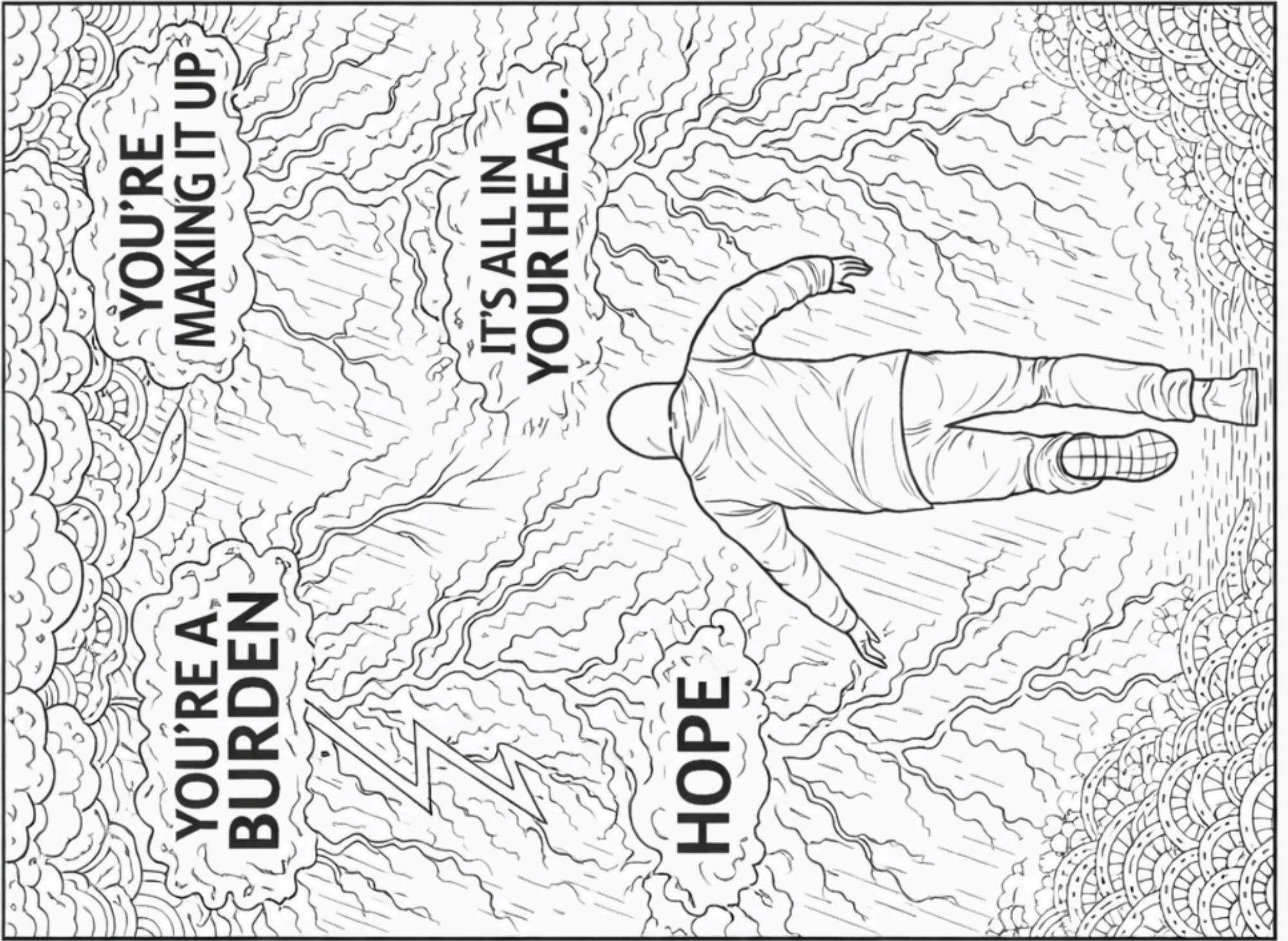
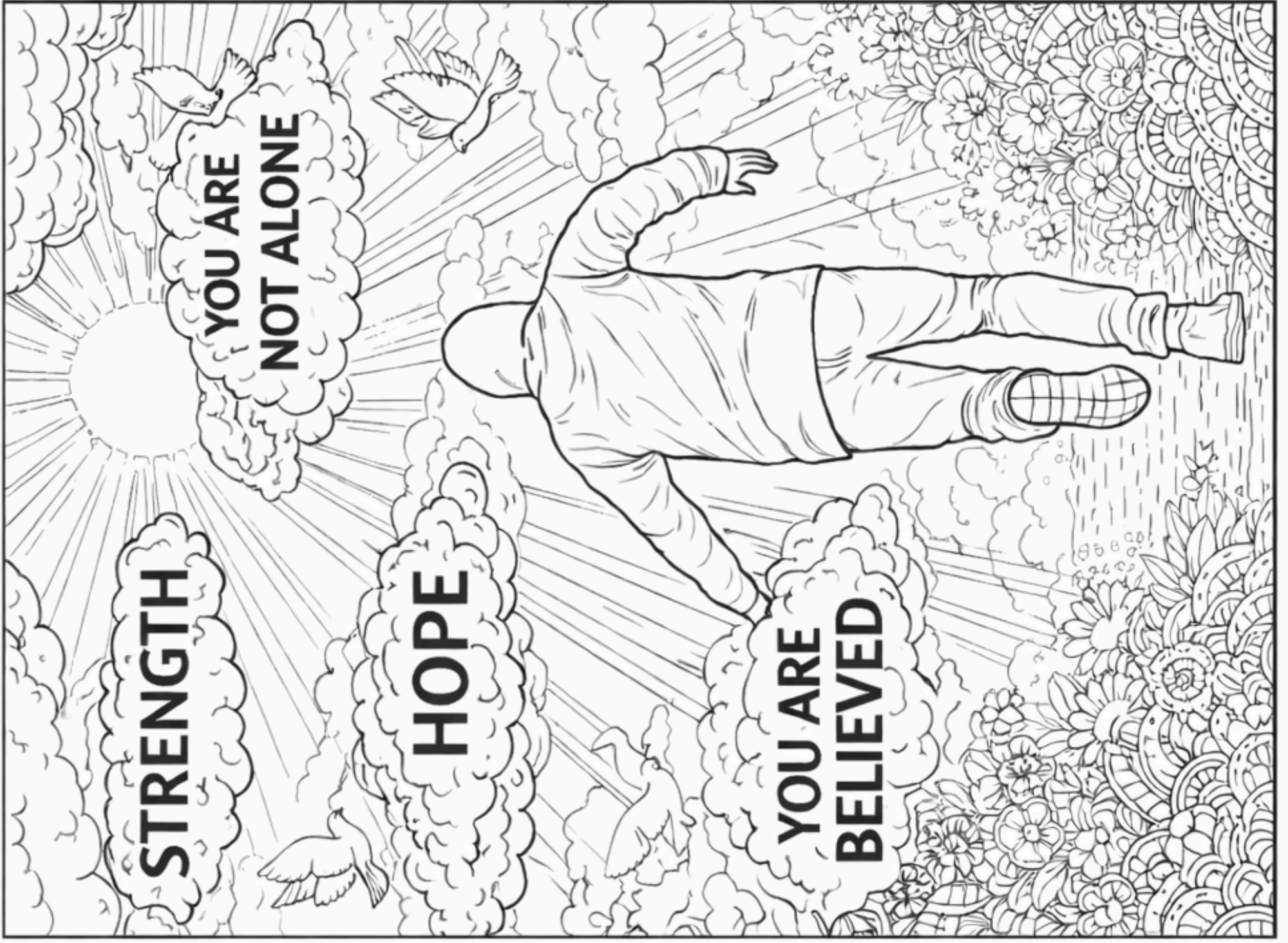
COURAGE

ADAPT

INDEPENDENCE

SUPPORT

Every step is progress





FND COMMUNITY

Pacing

MANAGE YOUR SPOONS

REST

PAUSE

PLAN

ADAPT

ACT

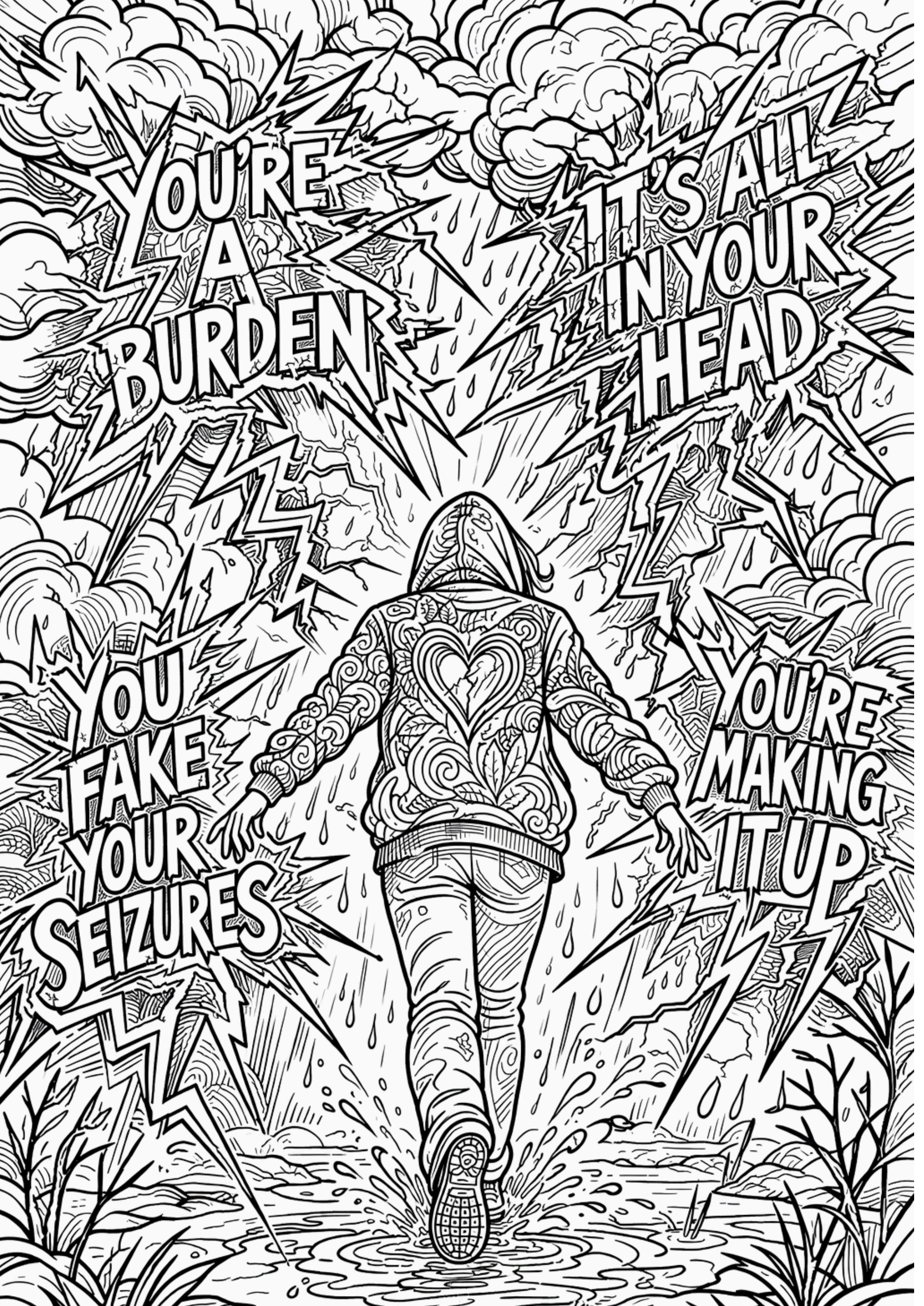
REPECH

REPEAT

When your spoon jar is empty,

REST.



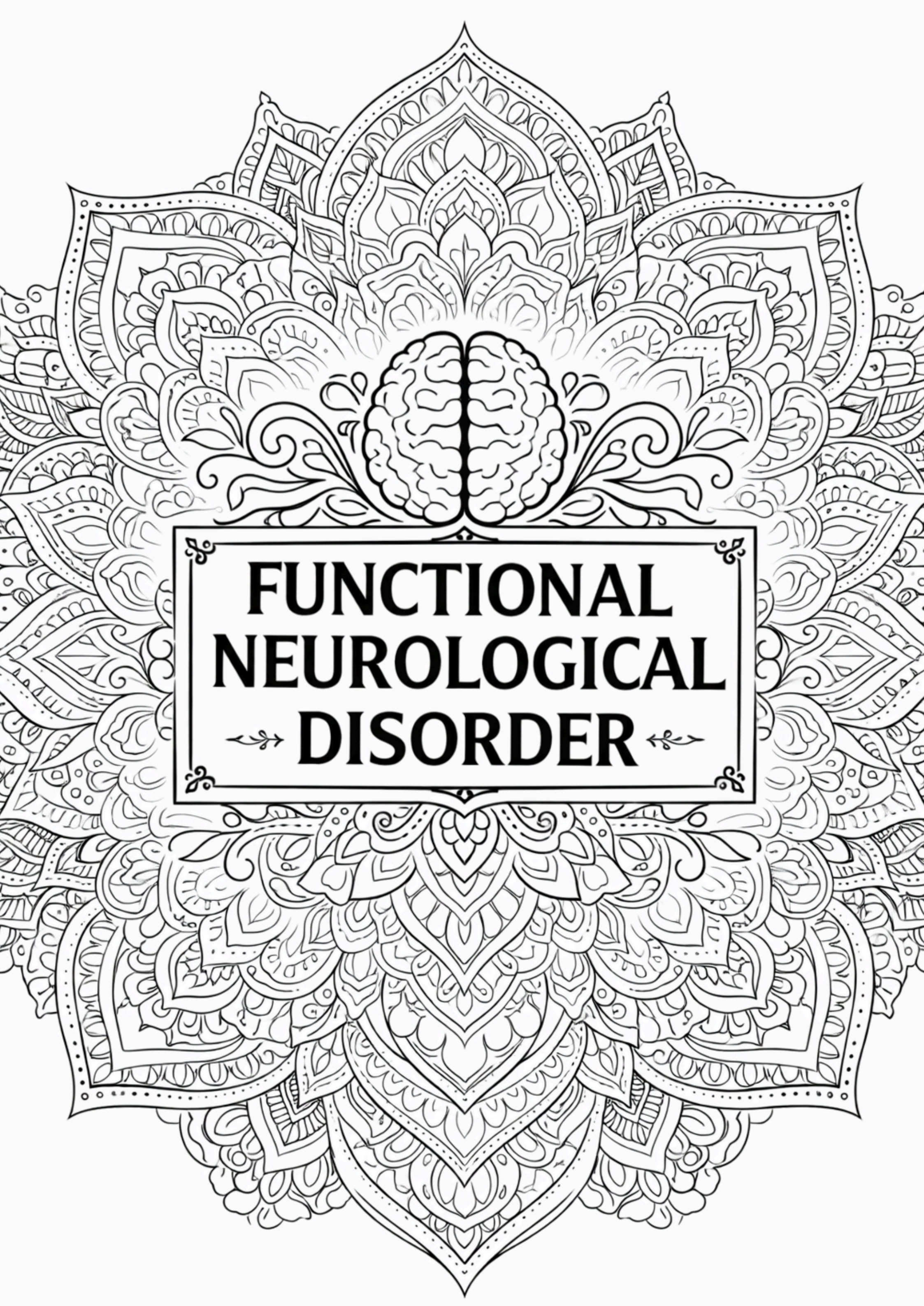


YOU'RE A BURDEN

IT'S ALL IN YOUR HEAD

YOU FAKE YOUR SEIZURES

YOU'RE MAKING IT UP



**FUNCTIONAL
NEUROLOGICAL
DISORDER**

Supporting Someone with

FUNCTIONAL NEUROLOGICAL DISORDER



What someone with FND may need:

- ♡ Patience on difficult days
- ♡ Understanding when symptoms change
- ♡ Belief that what they're experiencing is real
- ♡ Space when things feel overwhelming
- ♡ Support without pressure

How family can help:

- ♡ Listen without judgment
- ♡ Learn about FND together
- ♡ Offer reassurance, not doubt
- ♡ Celebrate small wins
- ♡ Be there — even in silence

"I believe you."

I'm here.

You're not alone."

FND doesn't just affect one person...
it affects a whole circle.

Healing • Belonging • Hope



Find Your

PURPOSE

♥ Meaning ♥ Strength ♥ Joy ♥ Hope

My Purpose: _____

My Purpose: _____



HOPE

SELF-CARE

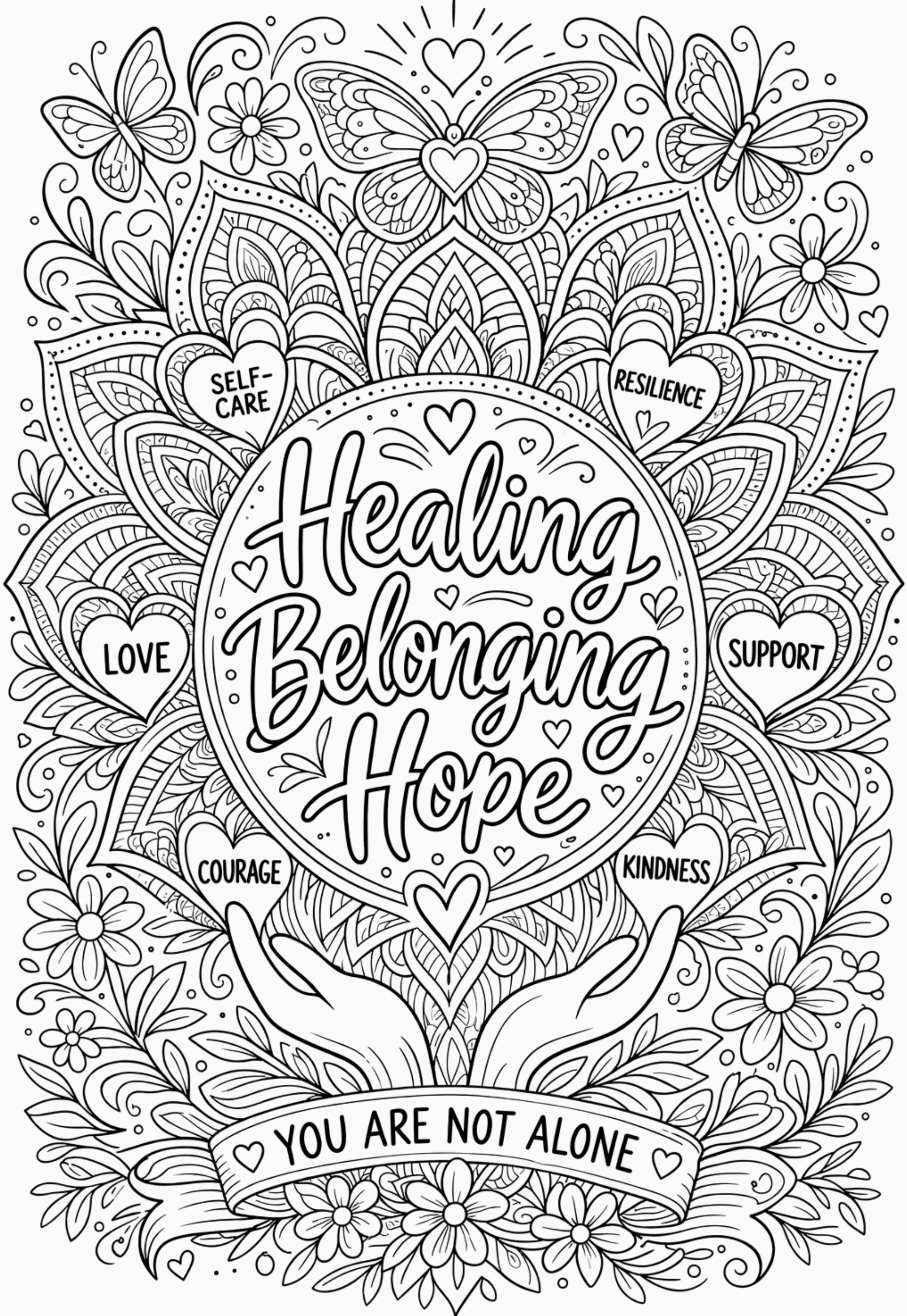
STRENGTH

RESILIENCE

PURPOSE

SUPPORT

SUPPORT



SELF-CARE

RESILIENCE

LOVE

SUPPORT

COURAGE

KINDNESS

YOU ARE NOT ALONE

Healing
Belonging
Hope

Healing Belonging Hope

HEALING

- ♡ Be kind to your mind
- ♡ One step at a time
- ♡ You are enough

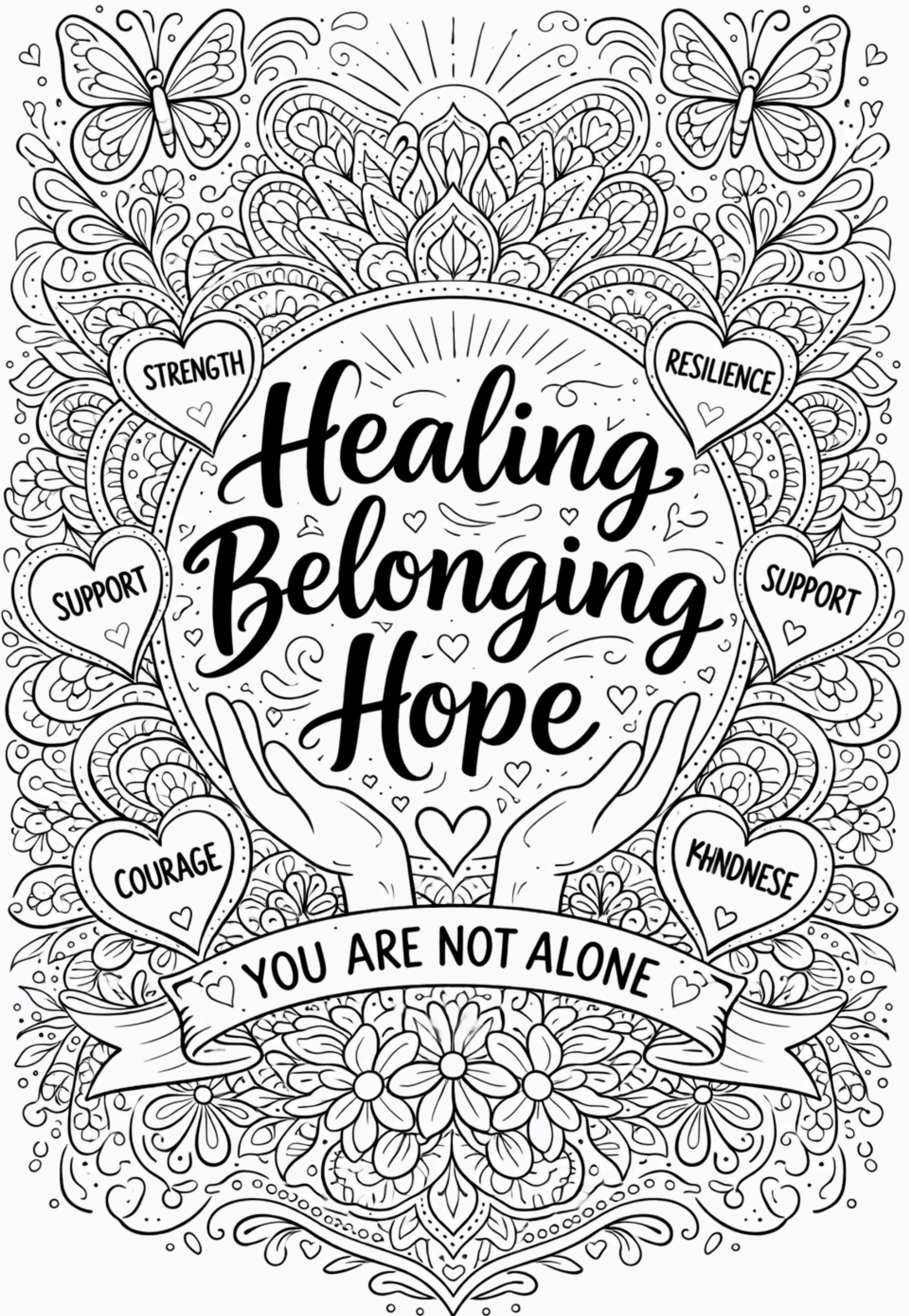
BELONGING

- ♡ You are not alone
- ♡ You are understood
- ♡ You are accepted

HOPE

- ♡ Keep going
- ♡ Better days are ahead
- ♡ Your story isn't over

♡ HEALING • BELONGING • HOPE ♡



STRENGTH

RESILIENCE

SUPPORT

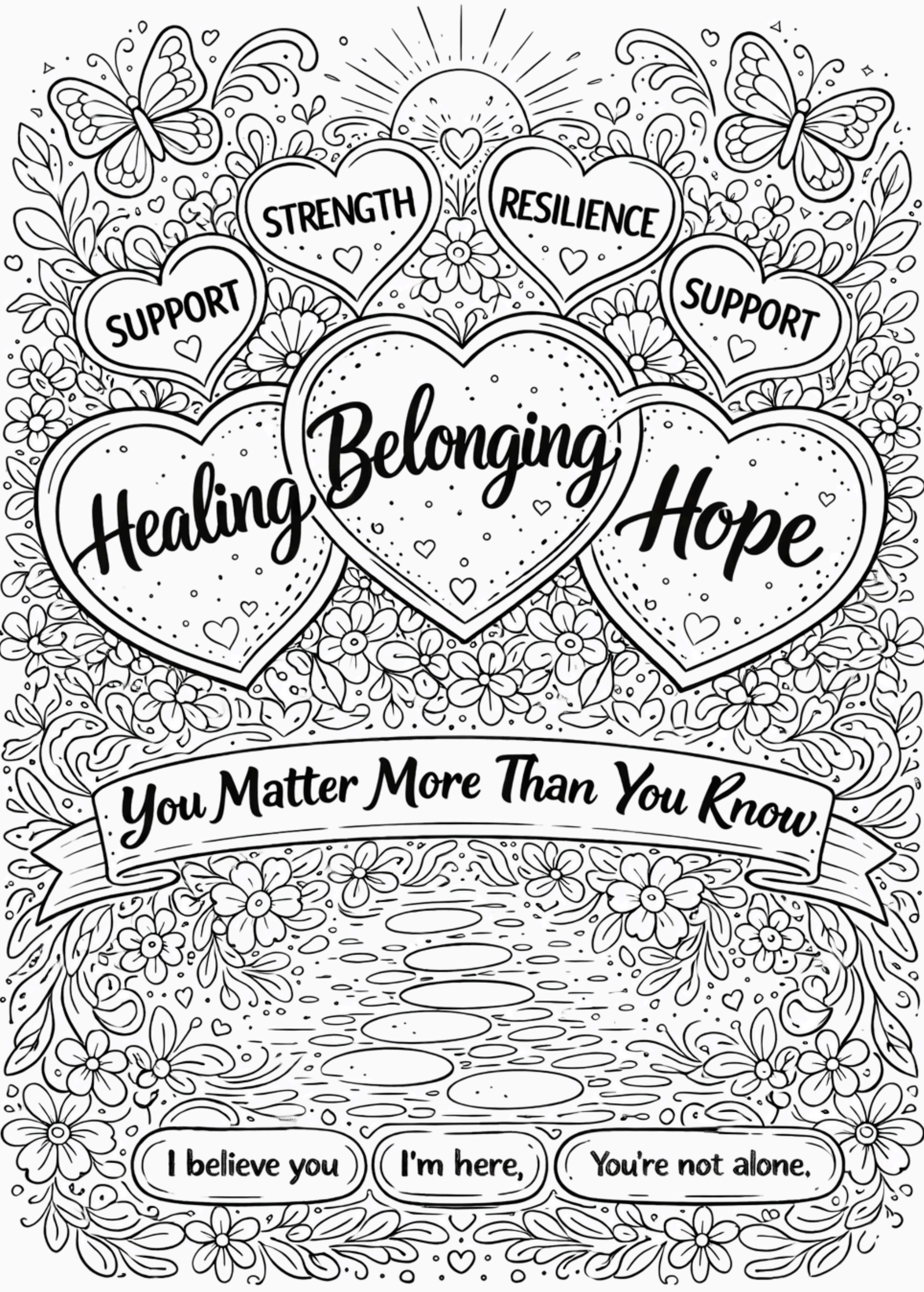
SUPPORT

COURAGE

KINDNESS

YOU ARE NOT ALONE

Healing
Belonging
Hope



STRENGTH

RESILIENCE

SUPPORT

SUPPORT

Healing

Belonging

Hope

You Matter More Than You Know

I believe you

I'm here,

You're not alone.

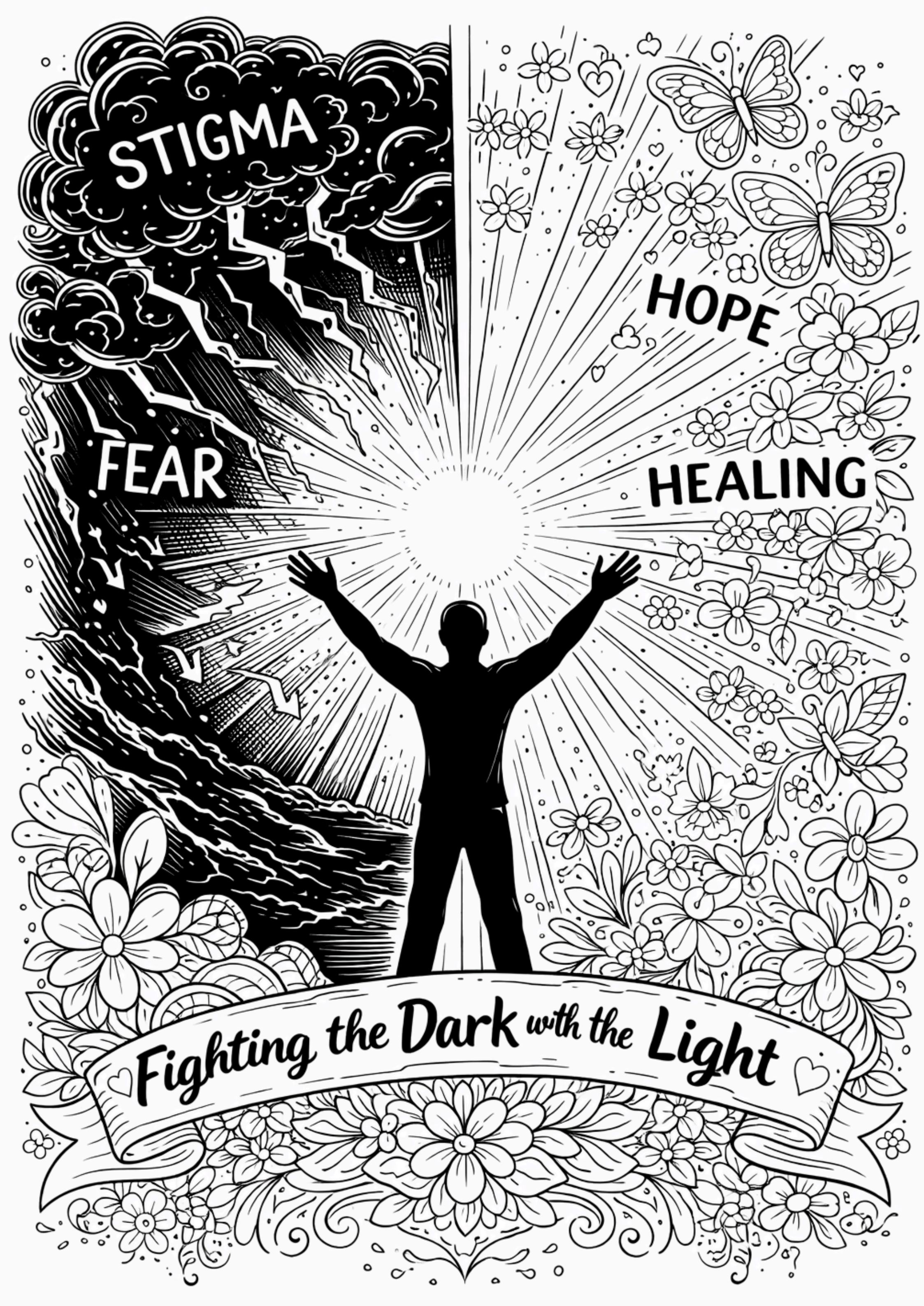
STIGMA

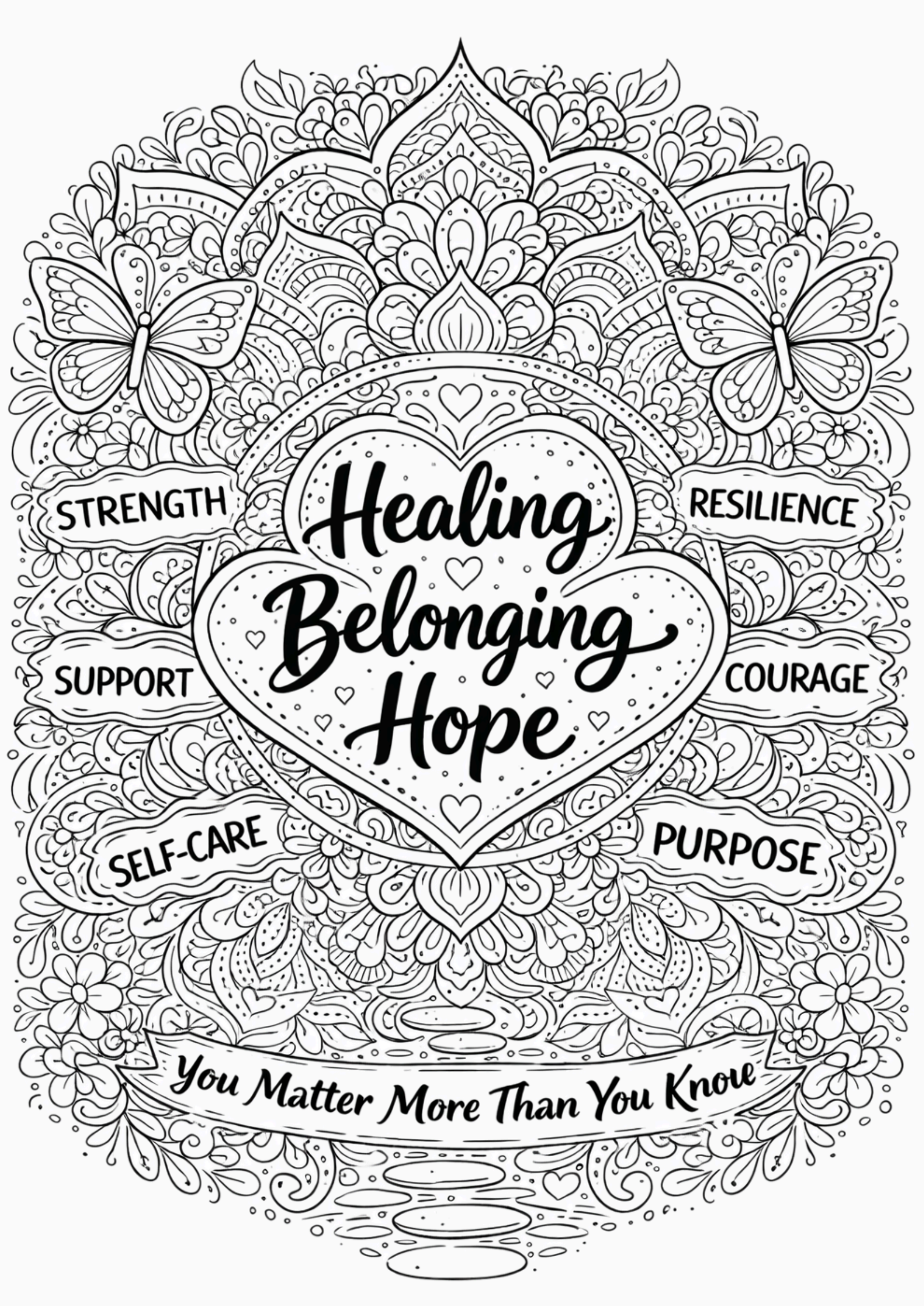
FEAR

HOPE

HEALING

Fighting the Dark with the Light





STRENGTH

RESILIENCE

SUPPORT

COURAGE

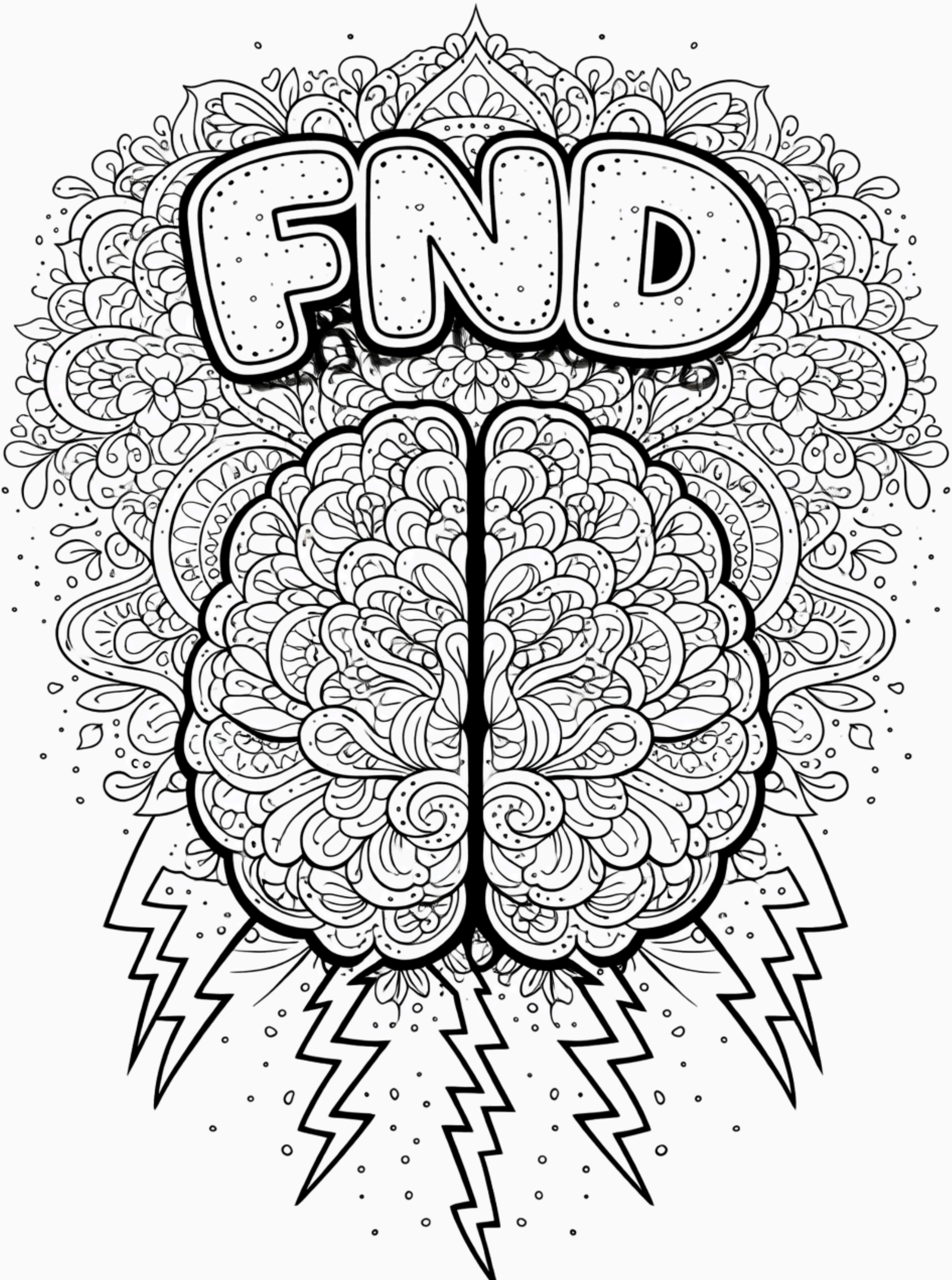
SELF-CARE

PURPOSE

Healing
Belonging
Hope

You Matter More Than You Know

FIND





Pacing

REST

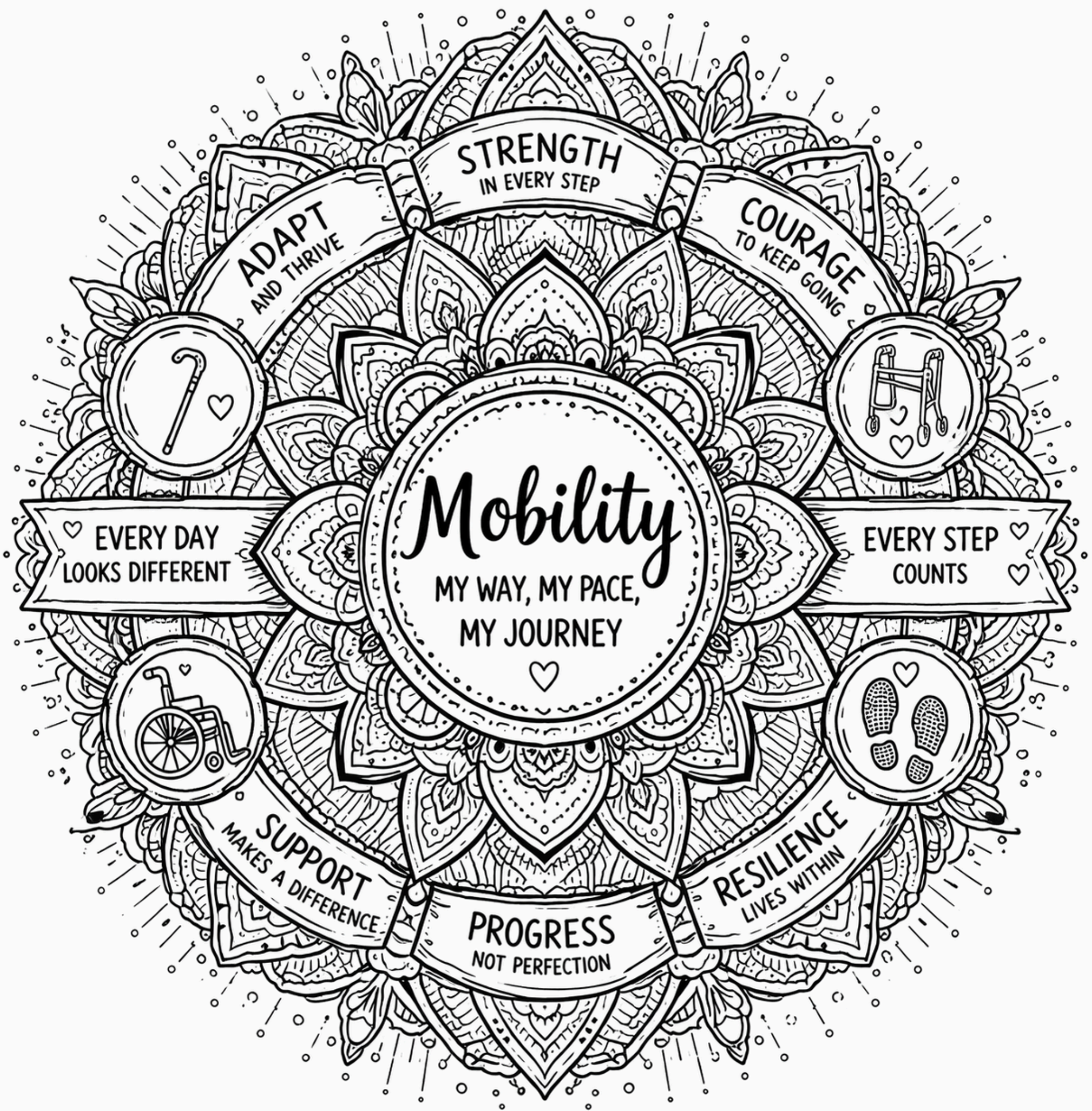
PAUSE

BREATHE

ADAPT

REPEAT

ONE STEP AT A TIME



STRENGTH
IN EVERY STEP

ADAPT
AND THRIVE

COURAGE
TO KEEP GOING

Mobility
MY WAY, MY PACE,
MY JOURNEY

EVERY DAY
LOOKS DIFFERENT

EVERY STEP
COUNTS

SUPPORT
MAKES A DIFFERENCE

PROGRESS
NOT PERFECTION

RESILIENCE
LIVES WITHIN