**Course Contents**

Module 1: Introduction

Module 2: Your Experience of FND

Module 3: How does FND develop?

Module 4: Understanding the Sabretooth Tiger

Module 5: The Traffic Light Zones

Module 6: Thoughts, Feelings, Behaviours and Body Sensations

Module 7: How to Spend More Time in the Green Zone

Module 8: Breathing Skills

Module 9: Relaxation Skills

Module 10: Psychological Strategies

Module 11: Everyday Lifestyle Habits