Overcoming functional neurological symptoms (FNS) is crucial, as FNS can significantly impact an individual's quality of life. Various approaches, including cognitive-behavioral therapy (CBT), occupational therapy, and physiotherapy, have been employed to address these symptoms. The importance of addressing the psychological and sociocultural factors contributing to FNS cannot be overstated. CBT has been found to be effective in reducing symptoms by focusing on changing maladaptive thought patterns and behaviors. Occupational therapy can help patients develop strategies to manage their symptoms, while physiotherapy focuses on improving physical function and reducing pain and fatigue. It is essential to consider the multimodal approach, combining these therapies, to achieve the best outcomes. This approach can help patients develop coping strategies, improve functional abilities, and enhance their quality of life. The involvement of healthcare professionals, especially neurologists, in the interdisciplinary management of FNS is crucial for effective care. Additionally, patient education and support groups can provide valuable resources and a sense of community. Overall, the management of FNS requires a comprehensive approach that addresses the multifaceted nature of these symptoms.