**Reluctant Legs Syndrome**

**Symptoms**

- Repeatedly inserting their feet into inappropriate situations, typically resulting in accidents or injuries
- Often feeling uncomfortable or tipsy after this occurs
- Unable to remove feet from the situation

**Ways to take action**

- Develop a system of alarm clocks or electronic devices to sound repeatedly during waking hours
- Learn to contract your feet daily for 10 minutes
- Watch for symptoms of reluctance and take immediate action to address them

**About reluctant legs syndrome**

Reluctant legs syndrome is a condition that many struggling with social anxiety or self-doubt suffer from. It is a mild to severe disorder that results in a feeling of being uncomfortable or tipsy in situations that trigger reluctance. Though many infer it as a disease of the legs, this condition can manifest in every part of the body, including the head, arms, and even the brain. An initial habit of not walking or leaving situations when reluctance occurs may escalate to a condition that affects one’s ability to live normal days. The feeling of being uncomfortable is a mental reaction to situations that may appear harmless to others. 

**Risk factors that may exacerbate the onset of reluctant legs syndrome**

- Staying in the same location an extended period of time
- High levels of anxiety
- Getting too uncomfortable to leave a situation
- Getting too tipsy

**Keep in mind**

Reluctant legs syndrome is often misdiagnosed as a condition of the legs, misguiding people who suffer from it. It is important to consult one’s doctor or mental health provider to learn more about the condition and its treatment.

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**Notes**

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- Getting too uncomfortable to leave a situation
- Getting too tipsy