



Can Do MS Podcast Transcript 2023 Mindful Moments: Week 1 Episode 104

Megan Weigel: Welcome back to Mindful Moments. I'm your host, Megan Weigel, a nurse practitioner, and MS-certified nurse. Before getting started, I'd like to take a quick moment to thank our sponsors for making this podcast series possible. It's a new year with the opportunity for a fresh start.

There are many benefits to practicing mindfulness. It can help improve your quality of life and help you cope with MS and the symptoms that come along with it, particularly pain, anxiety, and fatigue. We hope that you will join us weekly this year to practice mindfulness and gain a new mantra to help guide you through life.

Here I am. This week's mantra is fairly simple. It also might seem a bit huge as simple as it is. So let's go ahead and get settled in. And just discover what that means to us.

Let yourself be seated in a comfortable position. And if you need to lie down that's fine. But I'd ask that you stay alert while you're laying down and not fall asleep. The mind has a lot to open up for you when you're relaxing, yet alert.

Take notice of your breath. Are you inhaling all the way down into your belly? Or does your breath stop at your chest?

Let your inhales be deep. Let them fill you up to the bottom of your belly. And let your exhales be equally as fulfilling as you empty out that air.

Breathing in longer slower and deeper than usual. Feeling your presence in the room, on your chair, on the floor, on the couch, or on a bed, just notice that you're being held up.

If your brow is furrowed, go ahead and relax it. Let your ears relax. Yeah, your ears. There are muscles behind them. They can relax. And then so can your jaw and your tongue. So can your shoulders. Let your hands fall open on your lap. Feel your feet on the floor. Just take a look at them.

Here I am. Here I am. Right here. All of me. I'm breathing. I'm noticing tension. And I'm trying to let it go. Here I am. Here I am. I'm not perfect. And I don't always get it right. But sometimes I do. I feel things. I know things. I know things about myself and my body and other people. I noticed things. I'm important. Here I am. Here I am. I'm important.

Here I am. As the holiday season comes to a close, we might feel plowed over. We might feel like a speck in a crowd of people that came rushing through our homes. We might feel like we wish we mattered more. Here I am. Notice how those three words showed up in your mind and your body. Just take a little note. Take a deep breath in. Save what's good and exhale. Let go of what you don't need.

Here I am 2023. I'm ready. Go ahead and take one more deep breath in. Exhale out. All of your air with a sigh. Smile. You did it. The first week of 2023.

Thank you for joining us today. We hope that this episode helps you to relax and start your week off, and your year in a positive way. Please join us again next week for another episode of Mindful Moments. You can learn more about Can-do MS and our programs and resources at cando-ms.org.

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