



## **Can Do MS Podcast Transcript 2023 Mindful Moments: Week 10 Episode 115**

Megan Weigel: Welcome back to Mindful Moments. I'm your host Megan Weigel. 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 still a new year, we have the opportunity for a fresh start any time we decide to create it. There are many benefits to practicing mindfulness, and we hope that you realize these through listening to this podcast. Some of these benefits, specific to MS symptoms include improved pain and anxiety. We hope that you will join us weekly this year to practice mindfulness and gain a new mantra to help guide you through life.

Let's get right to Week 10. Week 10's mantra is - it's okay to be still. With that being said, let's get into a position where you can be comfortably still for a few minutes. If you've been mindfully meditating with us for the past year and some change, then you may have a favorite position. But if this is your first time tuning into this podcast, welcome. Let me help guide you there. You can find a seated position or a laying down position.

Make sure that if you become very relaxed, you're safe wherever you're sitting or lying down. Position yourself so that you don't have discomfort. And then, we'll get right to - being okay with being still. We've been talking about the water element for the past few weeks because this is the element associated with winter in Chinese medicine. We spend a good part of the year planting and then gathering food to carry us through the winter. And in the cold of the winter, we try to stay still to conserve energy.

It's okay to be still. But so many of us when faced with stress, a big decision, fear or anxiety are unable to do anything but be still. Let's take a few moments and think about what you do when you're faced with any one of those things - a big decision,

anxiety, or fear. Are you able to sit with it? Or do you have a tendency to run from it, do other things, put it off, leave it until the last minute or just do whatever you can so that you don't have to think about it? Does your mind race? Do you have a hard time sleeping? Things like that.

Take a few minutes and think about what you do. Think about it without judgment. When you see things in your mind's eye, acknowledge them, say, yes, that's me, and then let them go.

It's okay to be still. In winter, we have the longest night. And on that longest night, while we can come back to the old cliché, the light is at its darkest before the dawn, right? Here we are, on the darkest and longest night, fearful of being still. What will happen if we're still? Will we be able to move? Are we frozen? Or can we receive the gift of being still? The gift of connecting to ourselves. The gift of connecting to our loved ones, who are closest to us. Rather than always moving and doing to satisfy others, and what they think we should be doing, it's okay to be still.

On your next inhale, let the breath come in through your nose, down your throat, into your belly, and all the way into your feet. Feel the stillness that you have to have in order to achieve that. And then as you exhale, let the breath come from all the way out from your feet, through your belly, through your chest, out your nose, or your mouth, and feel emptied and still.

So, here we are together for probably more minutes than you even thought possible, and you're okay. It's okay to be still. Tell yourself this often this week and see how things might start to refrain in your mind.

Thank you for joining us today. We hope that this episode helps you to reflect and start your week off 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](http://CanDo-MS.org).

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