



## **Can Do MS Podcast Transcript 2023 Mindful Moments: Week 3 Episode 106**

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Megan Weigel: Welcome back to the Mindful Moments podcast. I'm your host, Megan Weigel, and today, we'll explore a mantra to help guide you throughout your week. Heck, it might also help guide you throughout your year. Thank you for joining me today and for being open to this week's intention. I'd also like to thank our sponsors for their support of this podcast.

It's week 3 of 2023. Today, we're going to let things come in and out of our mind that take us out of balance, so that we can be better prepared for the rest of the year. And let it be one that's full of balance.

Week 3's mantra is, I am out of balance when I am deficient in... Fill in the blank.

And I'll give you some ideas. You may be deficient in rest. You may be deficient in movement. You may be deficient in nutrients. Literally, in water, in hydration. You may be deficient in fun, in laughter, in joy, in love. Maybe even in doing things that you love.

Let's go ahead and spend some time being mindful about the things that take us out.

Get in your comfortable position for several minutes of mindfulness. You want that position to be one that's relaxing but also allows you to be alert. And we'll start with just some muscle relaxation.

Take a deep breath in and while you're doing that, do a body scan. Notice where things might be tight. And as you exhale, imagine that you're just blowing that tightness away. Take a couple of more breaths like that. Breathing in fresh air to parts of you that feel tight or tense and breathing out that tension.

[music]

I am out of balance when I am deficient in literally the things that keep me alive. I invite you to close your eyes and think about the things that bring life to your life. Literally and physiologically, food and water bring life to your life. If you don't have enough, you may be tired, sleepy, lack energy and feel weak. Other things that bring life are things like joy, love, creativity and connection. Without those things, your seesaw falls out of balance. That seat may hit the ground when you're deficient in those life-giving opportunities. Let some of those things I mentioned, and perhaps some others that come into your mind, float through your mind's eye like clouds. Decide which ones resonate the most with you. And do this using slower and deeper breaths than you're used to.

[music]

Now that you've noticed what takes you out of balance and its deficiency, maybe it's a person. Maybe it's a thing that you used to enjoy doing that you never do. While mindfulness is not really supposed to be about doing, I would love for you to think about 1 or 2 of those deficiencies and make an easy plan to bring those things back into your life. I'll give you some time again, using longer and slower inhales and exhales. And if it's food, if it's nourishing food, maybe you just imagine yourself cooking. Smell the smells. If it's a person, imagine yourself meeting that person, having good conversation, and so on.

[music]

I am out of balance when I am deficient in... What? What did you identify? Did anything surprise you? Did things show up that you've been trying to adjust for decades? Take it all in with some humor. This is just a way to get a better outlook on the new year and think about how you'd like to make a year of better balance. Gently open your eyes. Let your breath come back to its natural rhythm.

Thank you for listening to this episode of Mindful Moments. We hope that you feel enriched and ready to take on a new week. If you enjoyed this episode, please leave us

a rating or a review. It truly helps us out. Thank you, and we hope you join us again to continue our weekly journey of mindfulness.

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