



## **Can Do MS Podcast Transcript 2023 Mindful Moments: Week 4 Episode 108**

Megan Weigel: Welcome to today's Mindful Moments Podcast. Our hope is that this episode provides you with powerful tools to focus your mind and enrich your spirit. Thank you for joining me today. Thank you to our sponsors for making this podcast possible.

Let's take a few moments to practice mindfulness together. It's week four. Last week, we talked about things that cause us to be out of balance which were deficiencies.

This week's mantra is "I am out of balance when I am excessive in, fill in the blank." Go ahead and get in your comfortable, mindful position. You might have a furrowed brow right now thinking. Well, what could she possibly mean?

I invite you to close your eyes and unfurrow your brow. You may even take your index and middle fingers and run them from the middle of your brow to the outside edges of each eyebrow, encouraging that forehead to relax.

I am out of balance when I am excessive, well deficiencies can occur with food and hydration and love and activity but so can excesses. Having too much sugar, too much alcohol, and too much junk food can take us out of balance. Doing too much can take us out of balance. It can really rob us of our energy. Being too involved with all the people in our lives who we love and care about can take us out of balance. We really need some time for ourselves.

So let's go ahead and with longer and slower breaths than we're used to. No judgment as these scenes flash before your mind's eye. Think of the things that you might do in excess that throw you off balance. Remember, there's no judgment here with your

excess. You're just seeing it and acknowledging it. For what it's worth that might bring you pleasure at the moment. It might make you feel fulfilled at the moment. But then afterward, there's a consequence. That consequence throws you off. So just let those excesses come through your mind's eye and say, hey, yeah, that's right. You know you do sometimes take me off track. And let them go on by.

I am out of balance when I'm excessive in-- whatever it is for you. Pick one or two of those things. And again imagine what life may be like if you did those things in a manageable amount. Let's say that, you know, sometimes it's fun to eat junk food. So you allow yourself to have a serving instead of a bag. You know that helping people really brings you Joy. So you set aside a couple of hours a week instead of a couple of hours a day to counsel friends on the phone, or to volunteer.

Make some plans for enjoying these things that you love to do, the things that bring life to your life without the excess. I am out of balance when I am excessive-- what a really great job you did in identifying things that you might want to work on realistically. Because these may be things that you enjoy. And as long as they aren't harmful to your physical or mental health-- there are things that you might want to keep in your life.

Go ahead and gently open your eyes. Stretch your arms and legs out. Bring everything back to life. Take a deep breath in. And let it out with a sigh.

We're so glad you joined us for this week's mantra. This week remember, I'm out of balance when I'm excessive in-- and let's just try to tip the scales, so they're even.

Thank you for joining us and we hope to see you back again week after week for more mantras and meditation and moments of mindfulness. Until next time. Please follow us on Instagram, @candomultiplesclerosis, and on Twitter, @CanDoMS.

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