



Can Do MS Podcast Transcript 2023 Mindful Moments: Week 5 Episode 109

Megan Weigel: Hello, my name is Megan Weigel, a nurse practitioner, and MS-certified nurse. I'm your host. And I'm excited to invite you back for another week of Mindful Moments. We'd like to thank our sponsors for their generous support of this podcast series. But most of all, I'd like to thank you for joining me to share in this week's mantra and meditation. There are many benefits to practicing mindfulness. It can help improve your quality of life and help you cope with MS symptoms, like anxiety, pain, and fatigue. Thanks for trying it out with me. Let's get to week 5.

I am in Balance. That's right, you might roll your eyes when you hear it. But by the end of this week's mindfulness moment, you are going to feel in your body what it feels like to be in balance.

Let's get into our comfortable position. Maybe try something new this week. If you're used to sitting, maybe you lie down. If you're used to lying, maybe you prop yourself up. Whatever you do, make sure that you can feel relaxed and safe.

I invite you to close your eyes. Relax your forehead. Hollow out the inside of your mouth. That means you let your tongue drop from the roof of your mouth. Maybe you let your mouth actually hanging open.

Bring your shoulders up to your ears. Let them roll down your back. Let your palms fall open on your lap.

Take a deep breath in.

Exhale.

Be right here in balance. You are in balance. I am in balance. What does that look like to you? What scenes come through your mind right now if you say to yourself, I am in balance? Maybe you even say it out loud. I am in balance.

Does that mean that you're making good decisions for yourself on a daily basis that keep your energy level under control? That keeps you healthfully nourished. That keeps your body moving. That keeps your literal and figurative heart beating strong.

I am in balance. What does that look like for you?

[music]

How do you see yourself when you are in balance? Who's with you? Are you by yourself? What are you doing?

[music]

I am in balance. You are in balance. You make choices that nourish your body, your mind, and your spirit.

[music]

We've talked about balance for the past three weeks on Mindful Moments. To solidify the work that we've done, and the mindfulness that we've given ourselves, let's practice saying this out loud.

I am in balance. Yeah. Go ahead and say it out loud.

I make choices that let me be in balance. Go ahead and say it out loud.

Balance is good for me. Balance helps me be healthy in my body mind and soul. I am in balance.

Hopefully, if there are people around you there wondering what you're doing, I bet they didn't know that mindfulness could be loud. I am in balance. You are in balance. This year through mindfulness, may you bring some balance back into your life.

Thank you for joining us today. We hope that this episode helps you to reflect and start your week and your year 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.

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