



Can Do MS Podcast Transcript 2023 Mindful Moments: Week 6 Episode 110

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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 early in the year, and you've got plenty of opportunities to have a fresh start. There are many benefits to practicing mindfulness. It can help improve quality of life, and help us cope with MS and the symptoms that come along with it. We hope that you will join us weekly this year to practice mindfulness, and gain a new mantra to help guide you through life.

[music]

Let's get started with week 6. This week's mantra is, "Don't let managing your stress be stressful." I might imagine some physical looks with that one, so I'll say it in a different way. Self-care should not be stressful. This mantra actually was not even a part of what we were doing for this year, and it came to me suddenly last week. So many people try to do so many things for self-care that it actually becomes overwhelming, so with today's time together, let's try to take the overwhelm out of stress management and self-care.

If you've been with us along this Mindful Moments journey, then you pretty much know the position, the position that you should be in to help you feel relaxed, but alert, as we go through our mindfulness moment today.

If you haven't, I encourage you to take a seat, or maybe even lie back, if that's more comfortable to you. Make sure that you are in a safe place, and try your hardest not to fall asleep, but to really allow your brain and your body to be relaxed.

[music]

Pay attention to your forehead, let your brow unfurrow let your jaw relax. Notice where your shoulders are, roll them back, and let your palms open on your lap or next to your sides. Plant the soles of both of your feet in the ground, and I invite you to gently close your eyes.

Managing your stress should not be stressful. Take a deep breath in, and open your mouth, sigh, "[sigh]".

[music]

Self-care should not be stressful. Give yourself a few moments to think of all of the things that you hope to do this week to relax. Maybe you're joining us here, maybe you have other mindfulness or meditation programs that you listen to, maybe you journal or pray or move your body in a certain way. Maybe you get a massage or you practice aroma therapy. Maybe you try to do all of those things most days of the week, and end up tired from trying to manage your stress. As you're sitting here today, breathing in a little more slowly and deeply than usual, give yourself permission to choose just one thing each day to help manage your stress, so that it's not so stressful doing just that.

[music]

I'm sure that when you're thinking about all of these things that you like to do or that you'd like to be doing to help you relax, it causes you some good feelings and some sort of relaxation. So hone in on those things that really make you feel the best or that bring you the best memories or cause your body to feel the most calm, and imagine yourself just doing that one thing each day.

[music]

As we finish up today, take another deep breath in, and an exhale out. Call to mind that image of you doing the thing that makes you feel the most calm. Seal it in your mind's eye, with another deep breath in, and a deep breath out. And when you're ready, you can gently start to open your eyes. Bring your body back to a more alert posture.

Thank yourself for spending time in a mindful moment today, and again, give yourself permission to choose just one thing instead of a laundry list of all the things that your relatives do, and your neighbors do, and your friends do, and you've read that you

should do to maintain your stress level. Just one thing is enough. Don't let managing your stress become a stressor.

[music]

Thank you for joining us today. We hope that this episode helps you to relax and starts 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.

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