



Can Do MS Podcast Transcript

Mindful Moments: Week 41

Episode 90

[(0:00)]

[music]

Megan Weigel: Hello and welcome. My name is Megan Weigel, nurse practitioner and MS certified-nurse. I'm your host for the Mindful Moments podcast. I'd like to thank our sponsors for making this podcast possible.

[music]

Megan: Welcome to a new week. I look forward to guiding you with this week's mantra. I let go of restlessness.

Let's jump in to week 41.

Get yourself into your familiar comfortable position.

[music]

Make sure that you can be here for several minutes without experiencing pain or discomfort.

[music]

Make sure you feel safe where you are.

[music]

I let go of restlessness.

Take a couple of seconds here, maybe a few more than a couple to scan your body.

To notice where your mind goes when things get quiet.

To notice what you do if you experience an unusual sensation. For example, if you have an itch, are you up to itch it right away?

If there's a hair tickling your face, are you up to move it right away?

[(2:00)]

Take a long slow deep breath in.

Exhale it out. And let go of the restlessness.

Just be here now, for a few moments. And enjoy.

[music]

I was doing some work outside the other day and watching the clouds whiz by overhead. It was a bit of a marvel that I could be so still and so content, while things moved by me so quickly. I had a quick image in my head of grabbing onto a cloud and being jolted and jerked around as I trailed behind it holding on for dear life, trying to fit into the cloud race. It seemed tiresome. Have you ever felt that way?

[music]

[(4:00)]

Part of always moving and always moving on to the next thing comes from a restless feeling of, "I'm not yet enough." Take a pause and let your eyes fall in towards your nose. And just acknowledge the images that come to your mind when you think about always racing forward, always wondering what the next thing is, and perhaps what makes you feel like you are not enough.

And as you see those images, just give them a nod, hello. Say, thank you for what you've taught me and then let them go on. You don't need them right now.

[music]

[(6:01)]

Take a deep breath in.

Exhale, that breath.

[music]

What can you let whiz by, so you can enjoy that you are enough, right this very moment?

I let go of restlessness.

[music]

I let go of restlessness.

[music]

Thank you for joining us today. We hope that this episode helped you to reflect and start your week off in a positive way.

[music]

Please join us again next week for another episode of mindful moments. And consider joining Can Do MS, one of our many programs. There's something for everyone, and you can learn more at cando-ms.org.

[music]

[(8:00)]

[END]

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