



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 43**

#### **Episode 93**

[music]

Megan Weigel: Hello, my name is Megan Weigel, nurse practitioner, and MSC 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.

[relaxing music]

Week 43. It's such a relief. And yep, this is a fill-in-the-blank. So go ahead and get comfortable.

Close your eyes.

Relax your head as it sits on your shoulders.

Relax your shoulders as they sit on your upper body.

Relax even your belly.

Relax your legs and your feet.

And let your hands fall open in your lap as your palms face the sky.

It's such a relief. It's such a relief to be here and to relax

It's such a relief to take time out. [(2:00)]

It's such a relief to learn that mindfulness is not hard

For me, personally, it's such a relief to listen to my body, to not fight my body.

Just say yes to play and to joy, to say yes to rest, to say yes to love, to say yes when help is offered, to

make good choices for my family, to wake up each morning, to expect the truth, to have good work to do.

Turn your attention to your mind's eye and to your thoughts. And while in meditation, I know that the big, famous, ancient teachers, would tell us not to pay attention to our thoughts. But right now, I want you to pay attention to your thoughts as they come up and acknowledge them with gratitude. What is it a relief for you to do? For you to experience? For you to feel? Take a few minutes here and fill in your own blanks.

It's such a relief to...

[(4:00)]

[relaxing music]

Take a deep breath in.

Let that breath go.

Check back in with your body.

Do you need to relax your forehead again?

Do you need to relax your jaw or your shoulders? [(6:00)]

Do you need to relax your belly, your legs, or your hands?

Go ahead and breathe into those areas. And once again, let them go.

[relaxing music]

It's such a relief to know that you can.

[upbeat music]

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 consider leaving us a rating or review. Thank you, and see you next time.

[upbeat music]

[END]

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