



Can Do MS Podcast Transcript

Mindful Moments: Week 26

Episode 72

[ambient music]

Megan Weigel: Welcome back to the "Mindful Moments" podcast. I'm your host, Megan Weigel. And today, we'll explore a mantra to help guide you throughout your week. I want to thank you for being here and for being present. I'd also like to thank our sponsors for their support.

It is week 26 and this week, we are going to nourish ourselves with wonder. This week's mantra is just that "I nourish myself with wonder". Let's get comfortable. Feel your seat and your chair on the floor. Feel your spine supported either because something's behind you, that's firm, or because you trust in the space behind your back.

Close your eyes. Just listen. Who of you is tired? Kind of tired that rest doesn't seem to solve and little hits of dopamine don't seem to cure about for a few minutes. I heard the phrase "decision fatigue" this week, and it resonated with me. Those of you listening who live with MS, and suffer from fatigue, know exactly what I'm talking about when I say it's kind of like someone pulled the plug.

[ambient music]

Are you also worried about the world, about your family, about bills, about what to say, who to serve, what to read, when to watch, where to go to breathe? And it's this seemingly endless abyss. What brings you out of that?

[ambient music]

Let's think for a moment about wonder. What is wonderful to you? Let the images rise up in your mind's eye like popcorn.

[ambient music]

What causes you to feel off, to feel wonder, to feel child-like joy?

[ambient music]

What causes you to feel restored, rejuvenated, loved, and cared for?

[ambient music]

How do your moments of wonders sound and feel? What emotions did they cause to well up in you?

[ambient music]

Hopefully, now that you have a great big bowl of popcorn filled with wonder, you can hang on to a few of those feelings, to help bring you out of any of this.

Take a deep breath in. Exhale with a smile. When you're ready, you can gently open your eyes. "I nourish myself with wonder."

[music]

Thanks for listening to this episode of "Mindful Moments". We hope that today's mantra resonates with you and guides you through your week.

If you enjoyed this episode, please consider sharing this podcast with a friend or posting about it on social media. Thanks again, and see you next time.

[END]

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