



Can Do MS Podcast Transcript

Mindful Moments: Week 28

Episode 74

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Megan Weigel: Hello. My name is Megan Weigel, 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. It's week 28. Let's get to where we need to be.

Go ahead and find your favorite seat. Make yourselves comfortable. Let your body rest into a position where you can stay for a little while. Close your eyes. Let your inhales become as long as your exhales.

[music]

We are here for week 28. Begun is half done. Some of you might be experts at these Mindful Moments by now. Some of you might be new and wondering, "How long is this going to take? How long am I going to be here? Can I do it?" Begun is half done.

[music]

"Begun is half done" was one of my stepdad's favorite sayings. And as a little girl, I was too focused on getting things all the way done to understand that taking the simple first step can make insurmountable things much more possible.

[music]

Is there something that you've been hesitating to start? Maybe it's a project at home, maybe it's a program for your health. Imagine that thing in your mind and imagine yourself starting it. You're starting it with confidence. You're starting it with a go get 'em kind of attitude. Begun is half done. Let yourself relax into that and watch yourself finish in your mind.

[music]

Putting things off usually just ends up in a pile of things to do. So maybe, just maybe, this week, you start something knowing that there's no way you will finish and let the starting feel good. Let the beginning feel good.

[music]

Take a deep breath in and open your mouth sigh it out. Feel your face, your jaw, your shoulders, your hands, even your legs relax.

[music]

Begun is half done. What can you begin this week that you have been putting off?

[music]

Go ahead and gently open your eyes. Let your body and your mind to come back to the present time.

[music]

I thank you for listening to this episode of Mindful Moments. We hope that today's mantra resonates with you and guides you through your week. Remember, mindfulness does not have to be difficult. It's just the beginning and you're already half done. If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again and see you next time.

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