



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 29**

#### **Episode 75**

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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 start this week by thanking our sponsors for making this podcast series and mindfulness for you possible. Today, for week 29, we will seek to find an MS-free zone.

Our mantra for today is, "I did my best today."

Let's go ahead and get into our favorite meditation position. The one that allows us to stay comfortable for several minutes without any pain. The one that allows us to feel supported. The one that keeps us feeling safe.

Now, go ahead and close your eyes. Relax your forehead, your jaw bones. Hollow out the inside of your mouth. Let your shoulders fall down your back and your hands fall open on your lap so your palms are facing the ceiling. Let your breath get a little bit slower and deeper than it usually is. And just notice your heartbeat. You are here. We are so glad to see you on board and I want you to tell yourself now, "I did my best or I'm doing my best today."

Have you ever tried really hard at something? Maybe you even double and triple checked what you needed to do and you still messed up? I've done that. Think about a time in your life when that happened to you. Think about how it made you feel.

That feeling you remembered wasn't a great one, was it? The thing that you messed up on, it might have caused you to feel shame or guilt. It might have caused you to beat yourself up to worry about yourself or someone else, or to really project into the future about things that you couldn't control. You remember those feelings, don't you?

This is not causing you to feel positivity in your body, so we're going to stop those old feelings right now. Whatever is happening in your mind, in your heart related to that mess

up that you had in the past, stop it. Acknowledge that you have hard things to face each day as soon as you open your eyes. Acknowledge that you have lots to organize and think about and even worry about each day. Acknowledge that everyday, you do your best.

Take a deep breath in. Exhale. I did my best today. I did my best today. I did my best today and I'll try again tomorrow. Go ahead and open your eyes. Let them gently let the light back in. Wake your body up slowly from its comfortable position.

I 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 a review. Thank you and see you next time.

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[END]

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