



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 32**

#### **Episode 79**

Megan: 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.

[music]

It's week 32 and our Mantra is I am strong.

Let's get our bodies in their meditative position.

Wherever you go to feel comfortable supported and safe while you're taking this time for yourself.

You might get comfortable in a chair or another piece of furniture and you might be more comfortable on the floor.

Once you're there, go ahead and close your eyes.

Relax the muscles in your head, the muscles in your chest, and upper back.

Relax your hands and your legs. Notice how your body responds to you.

I am strong. I'm in the practice of speaking up for what I want and need in my life.

This kind of speaking up is respectful of myself and others.

It gently cuts through the guilt and shame, that can often come with asking for what you want and need, particularly, if you are in the practice of serving and giving.

You are strong.

Keep your eyes closed.

Let your breath be long and slow and deep.

And let images come to mind of the times that you have been strong recently, physically or emotionally.

I am strong.

You are strong.

Courage is required to speak about the needs of your soul's purpose.

But it's a necessity to speak those needs out loud.

You are gracefully strong.

What can you ask for this week?

Asking for what you need takes mental, physical, and emotional energy.

This week, as you acknowledge your strength, give yourself extra space to fuel.

Gently open your eyes.

Let your body know. It's time to move.

And remember. You are strong.

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.

[END]

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