



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 37**

#### **Episode 85**

[(0:00)] [music]

Megan Weigel: Welcome back to Mindful Moments. I'm your host, Megan Weigel, nurse practitioner, and MS certified nurse. Before getting started, I'd like to take a quick moment to thank our sponsors for making this podcast possible.

[music]

Welcome to a new week and to week 37. I look forward to guiding you with this week's mantra, I won't wish the day away.

[music]

For our veteran Mindful Moments practitioners, you're probably already seated where you'd love to be for this podcast. If you're new to the podcast, welcome. Go ahead and take a few minutes to find yourself in a comfortable position. I want you to feel safe, supported, and let's just call it, in a state of alertness because we don't want you to fall asleep right now.

I won't wish the day away. Don't pretend like you haven't said, "I can't wait for this day to be over," sometime in the past month. Heck, maybe even in the past week. Have you noticed that just when it seems [(2:00)] it can't get any worse, sometimes it does? Worse yet, even when it has gotten worse, oh my gosh, you learn something valuable.

[music]

Yeah, it's like the ultimate irony, right? Things can't get worse, and then those worse things have to teach you something. I bet you can think of an experience like that.

[music]

Let your brow unfurrow.

Let your jaw soften.

Bring your shoulders up to your ears and then roll them down your back, so they relax.

Think about that something that you might have learned.

The day that you wished the day away. Maybe you learned you are heartier than you thought. Maybe you made a valuable connection with a person, or maybe you ran into someone or something that actually turned your day around. Whatever it is, if wishing the day away [(4:00)] worked, that miracle would never have happened.

[music]

Think about that the next time you can't wait for a day to be over and don't wish it away. I won't wish the day away.

[music]

Quickly scan your body again. Make sure that your forehead is still relaxed, that your jaw is still soft, that your shoulders are still low and far away from your ears. Draw in your breath for a long inhale. Open your mouth and exhale. I won't wish the day away.

[music]

Thank you for listening to this episode [(6:00)] 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. Thanks and see you next time.

[music fades]

[END]

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