



Can Do MS Podcast Transcript Mindful Moments: Week 1 Episode 42

[instrumental music]

Megan Weigel: Happy new year and welcome to the 1st episode of the Mindful Moments podcast series. I'm your host, Megan Weigel, nurse practitioner, and MS-certified nurse.

Join me every Monday morning for a new episode of Mindful Moments where we'll explore a weekly mantra for personal intention to help you focus inward and renew your spirit.

Thanks to our sponsors for their generous support. [pause] [instrumental music]

Let's get started. Week one mantra: I relax into new beginnings.

Let's begin to relax.

Put yourself in a comfortable place. That may be in a chair, on a couch, or on the floor, wherever you can be for the next few minutes without the desire to get up and run away.

Let your head lean back, so it's supported. Close your eyes, if you feel comfortable doing so. You're relaxing into new beginnings on this journey of mindfulness. Let your forehead and your ears relax. [(2:00)] Let the inside of your mouth and your tongue, relax. Drop your shoulders away from your ears. Open your hands on your lap, so they face up. Relax your legs and feet. Relax your belly.

Put your attention on your breath. Let your breath be a little bit deeper, longer, and slower on both the inhales and the exhales than you're used to. Maybe you count to 4 or 5 on the inhale and on the exhale. But however you take a deep breath, don't let it be a strain. Relax into it. Each breath is a new beginning. [pause] [instrumental music]

I relax into new beginnings. [pause] [instrumental music]

Many of us rush into the new year with really tough goals. They're definitely not smart goals. They might even call it causes pretty significant stress. Relaxing into new beginnings is a call

for you to make your new year goals with grace. [(4:00)] It's actually the time of year to turn inward to nourish yourself, not the time of year to push yourself beyond your limits. [pause] [instrumental music]

Continue to focus on your breath. Let the in-breath be relaxing and deeper than usual. Let the out-breath be relaxing and deeper than usual. Let each new breath be a new beginning. If you find your mind starts to wander, come back to your breath, come back to your body, notice where you may be holding tension, and let that tension go. [pause] [instrumental music]

I relax into new beginnings. [pause] [instrumental music] [(6:00)]

I relax into new beginnings. [pause] [instrumental music]

Remember that each breath that you take is a new beginning. [pause] [instrumental music]

Relax into that, [pause] [instrumental music] and set your goals with grace. [pause] [instrumental music]

Thank you for joining us this week. Have a wonderful week. [pause] [instrumental music] [(8:00)]

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[instrumental music]

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