



## Can Do MS Podcast Transcript

### Mindful Moments: Week 12

### Episode 55

Megan Weigel: Hello, my name is Megan Weigel, nurse practitioner and MS Certified Nurse. I'm excited to invite you back for another week of Mindful Moments. Listen in to be enriched by a weekly mantra and meditation session. We'd like to thank our sponsors for their generous support of this podcast series. We couldn't do it without them. [music]

Week 12's Mantra is ***What can I give up today?*** Let's get comfortable with giving up. Giving up is not usually [laughter] a term that we strive to excel in, right? Giving up usually means failure. If you've been with us through the Mindful Moments journey, thus far, you know that you're trying to bring a little more rest into your schedule so that you can thrive. This is the sort of giving up that I'm talking about.

For the next several minutes, let's give up what you have left to do today. Sit comfortably in your chair. Close your eyes. Clear your mind. Relax your body. [music]

[(2:00)] [music] Notice your breath. How deep does it go? Or maybe how shallow does it go? [music]

Lengthen your breath on the inhale. Maybe to a count of 4 or 5. Something that doesn't cause you strain. And exhale to the same count emptying out completely.

Focus on your breath to bring calm to your body, to your mind as we think about what we can give up today. [music]

MS symptoms like pain, fatigue and cognitive issues can make it hard to achieve goals. [(4:00)] When we take on too much and then don't achieve it, we can feel pretty badly about ourselves. Take a deep breath in here and exhale. [music]

Now, in your mind, take a look at your list of to-dos today. If you let something go, is it really a big deal? What if you let something go and it gave you more space to breathe or more space to rest? Take a deep breath in and a deep breath out. [music] For the next two minutes, think about your to-do list. Literally, see yourself letting things go. [music]

[(6:00)] [music] What did you let go of? How does it feel? How do you feel right now, knowing that what you let go of didn't result in harm? In fact, it resulted in a lighter you. It gave you more space to breathe, and maybe more space to rest. You might remember from a few weeks back that you need rest [(8:00)] to thrive. This week, ask yourself, "What can I give up today?" Gently open your eyes, sit up a little bit straighter and feel rejuvenated by your decisions.

Thank you for joining us today. I hope you have a wonderful week.

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