



Can Do MS Podcast Transcript Mindful Moments: Week 15 Episode 58

[background music]

Megan Weigel: Good morning, and welcome to today's Mindful Moments Podcast. Our hope is that this podcast provides you with powerful tools to focus your mind and enrich your spirit. I'm Megan Weigel, nurse practitioner, and MS-certified nurse. Thanks for joining me today and thanks to our generous sponsors for making this podcast possible. This week's mantra, week fifteen, is "I Know How to Breathe".

[meditation music]

Okay. So, this may seem really obvious and we've been talking about breath for the past fourteen weeks. However, even though breath is a basic building block of life, all of us need to practice it so that we can use it to its greatest capability. And that capability is bringing control back to your nervous system. Back to yourself.

"I Know How to Breathe"

Go ahead and get comfortable in your mindful moment seat. Close your eyes if that's something that you'd like to do. And let's go ahead and relax from head to toe. If your brow is furrowed, relax it. Put your ears relaxed and the inside of your mouth hollow out. [(2:00)] If you find that you're pushing your chin forward, draw it back slightly towards your chest. If your shoulders are up by your ears, roll them back down your back. Let your arms fall open. Lift your sternum. That's the breast bone, right in the middle of your chest. Take a deep breath in. Exhale. Don't strain with your deep breaths. Take another deep breath in and let it fill you up. From top to bottom, front to back, side to side. Exhale the breath. You know how to breathe, but when do you hold your breath?

Maybe you hold your breath as soon as you wake up in the morning for worry about what kind of MS day it will be. Maybe you hold your breath when you feel uncertain or you feel a loss of control. But breathing gives you back the control. It is the basic building block of life. Trust yourself. You were literally born to do it. Find an easy rhythm of deep and slow breathing for the next few minutes. [(4:00)]

[meditation music]

Continue to breathe in longer, slower, and deeper than usual. And say to yourself, "I Know How to Breathe" [(6:00)]

[meditation music]

I'll remind you again, breathing gives you back control. It's a basic building block of life. Trust yourself. You were born to do it. You know how to breathe. Take a final cleansing. Inhale and exhale. You can open your eyes and wake up your body slowly and gently.

Thanks for being here and being present today. We hope that today's mantra resonates with you and carries you throughout your week. Remember, you know how to breathe.

[background music]

Join me, host Megan Weigel, for the Mindful Moments Podcast every Monday morning. Listen each week on the Can Do MS Podcast. You can subscribe on your favorite streaming service, or at [(8:00)] cando-ms.org/moments.

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