



Can Do MS Podcast Transcript Mindful Moments: Week 16 Episode 59

[background music]

Megan Weigel: This is the Can Do MS Podcast Mindful Moments. Welcome to a new week. Week sixteen. I'm Megan Weigel, nurse practitioner and MS-certified nurse. I will be your guide on this journey as I introduce you to a new mantra for the week allowing you to free your mind even for a moment. Thank you for the generous support of our sponsors who have made this podcast possible. Let's get to our mindful moment.

[meditation music]

Week sixteen's mantra is "Today is a Good Day". Let that sink in, "Today is a Good Day". Go ahead and get settled into your mindful moment special spot. You may already know exactly what you need to do to relax your body, but if you don't, you need a refresher, or you're new with us, go ahead and relax your head. Close your eyes. Relax your forehead. Draw your shoulders up to your ears, roll them down your back and let your hands fall open on your lap so your palms are facing up.

Get your belly and your hips, and your legs and your feet relax. [(2:00)]

"Today is a Good Day"

[meditation music]

Twenty-four hours is such a gift. What if you felt weaker than usual, but the touch of someone helping you brought you joy? What if you feel lonely, but this chance, literally, to be with others living with MS fills your happy cup. What can you look forward to today?

"Today is a Good Day"

[meditation music]

As you slowly and deeply breathe in and slowly breathe out, empty your mind of worry and negativity, think about all of the ways that today could be a good one. If you get distracted

or your mind starts to clog up, come back to your breath. Sometimes, counting with your breath can get you back on track. Maybe you inhale to a count of four, five, and exhale to the same count. [(4:00)]

"Today is a Good Day"

[meditation music]

If you're at the beginning of your day, I hope you enjoyed visualizing all of the ways that today will end up a good day for you. If you're listening at the end of your day, I hope you enjoyed remembering all of the ways that today was a good day for you. Grab onto the best part of today. [(6:00)] Take a deep breath in and let it root in your heart. And then, exhale. Gently open your eyes. Awaken your body and smile.

"Today is a Good Day"

Thank you for being here with us on week sixteen of Mindful Moments. We hope that today's mantra brings you encouragement for the week ahead and that you use it each day.

[background music]

Thanks for listening to this episode of the Mindful Moments Podcast series. We hope that you take the time to join us weekly for a new mantra to help focus your mind and enrich your spirit. Subscribe to the Can Do MS Podcast available on any of your favorite streaming services, or at cando-ms.org/moments. [(8:00)]

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