



Can Do MS Podcast Transcript Mindful Moments: Week 18 Episode 62

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Megan Weigel: Hello! My name is Megan Weigel, nurse practitioner and MS certified nurse. I'm your host for the Mindful Moments podcast. Today, for week number 18, we will seek to find an MS-free zone. Our mantra for today is, I release my grip.

Let's go ahead and get comfortable. Find yourself in a comfortable supported position, whether it be in a chair or on the floor. Quickly turn your attention to your body. Find the place where you're holding the most tension. Take a deep inhale right into that place of tension. And then exhale. Blow that tension away. I release my grip. Take another deep breath. I release my grip.

Literally, draw your hands into fists. Inhale. And on the exhale, [(2:00)] release your grip. Let your hands fall open on your lap, your palms facing up. Your eyes closed, your eyes fall in towards your nose. Continue to breathe in a little bit longer and slower and deeper than usual. [pause] I release my grip.

What are you still holding on to? What were your expectations of yourself for the past year? Did you have a laundry list of things to do? A laundry list of personal achievements to get through? Do you feel tired when you look at your planner?

Sometimes, in creating a life for ourselves, that really sets us up for stress and tension... we end up [(4:00)] focusing then on the failure of not getting it all done. When we do that, we have to release our grip.

The more you tell yourself that you failed, the more you miss out on what was right in front of you and maybe not even on your to-do list. [pause]

Take a deep breath in, and as you exhale release your grip on all the extra things you tell yourself have to get done. And then, release your grip on not having the time for the extra

things. And then, release your grip on all you can't control. [pause]

[(6:00)] You know that feeling you get when you hold hands with someone you love? Your palms nestled together, your fingers rest. It's almost like a sigh. Hold on to that. Hold on to what is most important. And release your grip on the extra.

Thank you for listening to this episode of mindful moments. We hope that you feel enriched and ready to take on the week ahead.

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