



Can Do MS Podcast Transcript Mindful Moments: Week 2 Episode 43

[Music]

Megan Weigel: This is the Can Do MS Podcast, Mindful Moments. Welcome to a new week. 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 to the generous support of our sponsors who have made this podcast possible.

[Music]

Let's move to week two. Week two's mantra is... I find calm with my breath. Let's get right to just that. Find a comfortable position where you can be for the next several minutes. When you get there, settle in, rest your head, maybe you close your eyes. To find calm with your breath, you first need to turn your attention to just that. Notice your inhales and your exhales [(2:00)]. Notice how deep they go or maybe how shallow they go. Start to lengthen and deepen your breath on the inhale, trying to breath in through your nose or mouth, all the way to the bottom of your belly to a count of 4 or 5 and then exhaling the same on the way out. Find the length of breath that works easily for you without strain.

I find calm with my breath. When was the last time you felt anxious? Maybe you were waiting for your turn to have your MRI done, or maybe you are waiting to be called into your next appointment with your MS provider. Think about that last time. What did you do with your anxiety? What did you do for relief? Did you let the anxiety overtake you? A very simple way to [(4:00)] manage the anxiety in a situation like one of the ones I mentioned is to find calm with your breath. Turn your attention away from your mind and into this really simple physical act that is life-giving. For the next few minutes, focus only on your breath. Breathe in a little more deeply and slowly than you're used to.

[Pause]

Did you find calm with your breath? I hope so. It's always available to you [(6:00)]. I find calm with my breath. You can gently open your eyes if they're closed and start to come back to a

more alert posture.

Thank you for being here and being present today. We hope that today's mantra resonates with you and carries you throughout your week. [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 cando-ms.org/moments.

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