



## **Can Do MS Podcast Transcript Mindful Moments: Week 21 Episode 66**

Megan Weigel: Hello! My name is Megan Weigel, nurse practitioner and MS Certified nurse. I'm your host and I'm excited to invite you back for another week of Mindful Moments. We'd like to thank our sponsors for their support of this podcast series.

Week 21's Mantra is, "I am part of the bigger picture." That might already be conjuring up some things in your mind. So let's go ahead and get comfortable, and sit with those for a few minutes.

I am a part of the bigger picture. What comes to mind when you hear those words? Allow your eyes to close, and roll in towards your nose. Allow your forehead to unfurrow. Your shoulders to relax. What does it mean for you to be part of the bigger picture?

[(2:00)]

Some people have been manifesting their quarantine dreams in the past two years while others are wondering, how to reintegrate? What will look different? And for how long? Some are wondering if anything will ever be normal. Which type of person are you? Neither is right nor wrong. So take a deep breath in on that and blow it away. I am a part of the bigger picture. We are all different people. We have different personalities, and we make different choices based on how we interpret our world. Your choices affect not only your growth and healing but others as well.

[(4:00)]

You are a part of the bigger picture. Your response to others has a ripple effect. Remember to smile with your eyes. You are a part of the bigger picture. So, create one that matters and moves us forward. Come back to your forehead, let it unfurrow one more time. Let your shoulders relax again. Put your attention and your intention back on your breath. Longer, slower, and deeper inhales...

[(6:00)]

...and exhaling all of that air you just invited in. You are a part of the bigger picture. Thank you for being here today.

Thanks for listening to this episode of Mindful Moments. We hope that today's mantra resonates with you and guides you through your week. If you enjoyed this episode, please consider sharing this podcast with a friend or posting about it on social media. Thanks again and I'll see you next time.

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