



Can Do MS Podcast Transcript Mindful Moments: Week 3 Episode 44

[lively music]

Megan Weigel: Hello! My name is Megan Weigel, nurse practitioner, and MS-certified nurse. I'm excited to invite you back to another week of mindful moments. Throughout 2022, we'll be releasing a new Mindful Moments Podcast every Monday. Listen in to be enriched by a weekly mantra and meditation session. We'd like to thank our sponsors for their generous support of this podcast series. We couldn't do it without them.

[lively music fades]

Week 3's Mantra: My work becomes easier when I smile.

It's a great mantra. It's a great way of being. Let's get comfortable. Wherever you are right now, make sure you're in a comfortable position so you can stay put for a few minutes. Maybe you rest your head, close your eyes. Let your arms and legs relax.

My work, my day, becomes easier when I smile.

What is your face doing right now? Are you holding tension in between your eyebrows? Even around your ears, maybe in your mouth or the back of your neck. What happens to that tension in your face when you smile? [(2:00)] Go ahead, try it. Where else is there tension in your body? Take a deep breath into that tension, and as you exhale, smile.

My work becomes easier when I smile.

I'd love for you, for the next few minutes, to imagine in your head all of the things that make you smile. Imagine the memories and the moments that you turn to when you need a moment of happiness or when you need to turn a negative experience into a positive one. Take these next few minutes and do just that. You may find yourself smiling unconsciously.

[ambient music]

[(4:00)] [ambient music]

It's not always easy to let go of tension. It's not always easy to do hard things, that's why we call them hard. Do a quick body scan and look for more tension in your body. See if anything is left. Remember the mantra, my work and my day become easier when I smile. Take a deep breath in and as you exhale, [(6:00)] allow yourself a smile.

Thank you for practicing mindful moments with us this week. I hope that this mantra to smile a little more often gives you some encouragement for the week ahead.

[lively music]

Thank you 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.

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