



Can Do MS Podcast Transcript Mindful Moments: Week 4 Episode 45

[(0:00)] [music]

Megan: 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 four, we will seek to find an MS-free zone.

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Our mantra for today is, I can rely on my memory.

Hoo! Noticing issues with memory is scary. Being anxious about it, however, makes it worse, not better. By the end of today's mindful moment, I hope that you're able to better trust your memory.

[relaxing music]

Let's get into a comfortable position. Go ahead and relax your body. Relax your head. Close your eyes if that's comfortable for you. I can rely on my memory.

Are you having issues with yours? Does it make you upset? Do you trust yourself to remember things? I'd encourage you this week [(2:00)] to take out your memory shake it up, give it a little dance, and use it on one task to exercise your brain connections.

It's really important to write things down when we need to, but it's also important to exercise our memories. Our memories work better when we're calm. I can rely on my memory.

Put your attention on your breath right now. If you're having trouble remembering something, your breath is a place that you can go right to--to clear the road, clear the traffic from your brain, so to speak.

Let your breath be slow and deep. [relaxing music continues] I can rely on my memory.

[relaxing music continues] [tongue clicks] Call to mind something [(4:00)] that you need to

remember this week. Something that's important to you, something that you need to get done. Imagine that you're writing it on a notepad in your brain. Tell yourself, I can rely on my memory. Take a breath in. And a breath out.

Maybe you even say out loud the thing that you need to remember. I can rely on my memory. Continue to see it in your mind's eye. [relaxing music continues] I can rely on my memory. [relaxing music continues] [(6:00)] Every once in a while, exercise your brain connections. Shake out your memory and give it a dance. I can rely on my memory.

Thank you for joining us. Have a wonderful week. You can join us for a new episode of Mindful Moments every Monday by subscribing to the Can-do MS Podcast available wherever you get your podcasts or at Cando-MS.org/moments.

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