



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 50**

#### **Episode 101**

[music]

Megan Weigel: Welcome back to Mindful Moments. I'm your host, Megan Weigel, nurse practitioner, and MS certified nurse. Before getting started, I'd like to take a quick moment to thank our sponsors for making this podcast possible.

[music]

Welcome to a new week. I look forward to guiding you with this week's Mantra, "I can meet the goal as it is available to me today".

Drop into your comfortable meditation position, drop into the end of the year if you've been with us since Mindful Moments number 1, drop into your goals for the day and also into reality.

Close your eyes.

Feel the ground underneath you that holds you up. If you're sitting in a chair, let the chair seat be the ground for you holding you up.

Notice the position of your feet and let them fall open, let your legs relax, [(2:00)] your hips relax, let your belly relax, let the front of your chest relax, your shoulders roll down your back, and no choice but to let your face and your forehead relax.

I can meet the goal as it is available to meet today.

[music]

It's the end of the year and there's so much to do. There's so much to do that doesn't even matter, except that every year around now, it shows up on our calendar so you keep running on the treadmill of "I have to do that thing. I have to have all the family over for dinners. I have to wrap presents perfectly. I have to attend all these events. I have to make sure I get everything done before the end of the year." Guess what? You don't have to do those things.

[music]

[(4:00)]

Take a deep breath in. And as you exhale, exhale away all those things you don't have to do all of them, and at the very least, you don't have to do them that same way.

[music]

Meeting the goal, as it is available to you, is better than not meeting it at all.

[music]

It's so important to really root this concept into your body. When you have issues with fatigue or with pain, when you have a limit of what you can and can't do, and you're constantly trying to push through, set yourself up for the win. If you have the energy or the time for 30 minutes of self-care instead of 60, take the 30 and win the game. If you have the energy for 10 minutes of exercise instead of 20 [(6:00)], take the 10 and win the game.

[music]

If you joyfully make one type of holiday treat instead of begrudgingly making 5, staying up until after midnight and exhausting yourself, make one and win the game.

[music]

I can meet the goal as it is available to me today.

[music]

Slowly, let your eyes begin to open. Begin to move your body.

[music]

Take one more cycle of breath to seal this week's mindful moment.

[music]

Thanks for listening this week. We hope that you feel enriched and ready to take on a new week. [(8:00)] If you enjoyed this episode of Mindful Moments, please consider leaving us a rating or review. Thank you, and see you next time.

[music]

[END]

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