



## **Can Do MS Podcast Transcript Mindful Moments: Week 51 Episode 102**

[(0:00)]

[music]

Megan Weigel: Hello and welcome. 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 generous support of this podcast series. But most of all, I'd like to thank you for joining me to share in this week's Mantra.

[music]

It is week 51. And I am choosing to play. That's right. This week's Mantra is, "I am choosing to play."

Let's get into our meditation. Hopefully, at this point, if you've been following along for several weeks or for the whole year, your body already knows where to go in this safe and comfortable place. Your forehead is just waiting to relax and your shoulders are just waiting to come down off your ears. Your arms and legs are just waiting to open up. To open up to quiet time, to rejuvenation. Close your eyes. I am choosing to play.

[(2:00)]

[music]

What kind of kid were you? Were you the kind that always did your homework first? Or were you the kind of kid who got home from school, threw their backpack in the corner, and went right outside to play with your mom or dad yelling at you, "You've got homework to do."

Somehow, these behaviors translate to adult life. The kind of kid we were is really no accident.

[music]

I am choosing to play.

What's missing from many people's lives is ease, play, and self-care.

[music]

We go through a lot of to-dos, should haves, what haves, must haves, and we miss out on the ease.

[(4:00)]

[music]

I am choosing to play. Guess what? We fear that if we add in what is missing, we won't have time for the have-tos. But we actually have it all wrong. The joy that comes with choosing play, makes the have-tos easier. In fact, it is in inviting in-play and self-care that we actually lose the have-tos. Our perspective changes and they just get done.

[music]

I am choosing to play.

[(6:00)]

[music]

Take a deep breath in. Exhale that breath. Let your eyelids begin to flutter open. Make gentle movements with your body.

Where can you add in play today?

We're so glad you joined us for this week's Mantra. This week, remember, you can choose to play.

[music]

We're so glad you joined us. This week, remember, you can choose to play. We hope that this resonates with you and guides you through your week. Remember, mindfulness does not have to be difficult.

If you enjoyed this episode, please consider sharing this podcast with a friend. They can jump into Mindful Moments at any time. Thanks again and see you next week.

[END]

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