



Can Do MS Podcast Transcript

Mindful Moments: Week 52

Episode 103

[(0:00)]

[music]

Megan Weigel: Hello and welcome! My name is Megan Weigel, nurse practitioner, and MS certified nurse. I'm your host for the Mindful Moments podcast. I'd like to thank our sponsors for making this podcast possible. And for giving us 52 weeks of Mindful Moments to help us get through our days.

Today, for week number 52. We will seek to once again find an MS-free zone.

[music]

Our Mantra for today is "I Am Enough."

[music]

Yeah, just hearing those words can sometimes cause an emotional response. So, take a deep breath in right now. And exhale it out.

Get in your comfortable position. And instead of closing your eyes right now, let them focus softly on something in front of you. I am enough. Say it out loud. I am enough.

[(2:00)]

What comes up for you? When you hear those words, when you say those words. Close your eyes. Let your body know that it's okay to feel all the things that happen when you say, I am enough.

[music]

If what comes up for you, when you say, I am enough is a resounding, "Yes, I am!", then good for you. Keep that in your pocket. Hold on to it. If that is "yes, I am" sounds like a foreign language, then self-doubt is coming up for you. You may hear your mind saying. "No, I'm not. I need to be X, Y, or Z or look A, B, or C, or do E, D, and F to be enough. There's no way to be able to do those things."

[(4:00)] [music]

If self-doubt shows up for you, welcome a positive affirmation, you don't need to be, look, or do anything more to be uniquely you.

Take a deep breath in on that. And as you exhale, sigh out loud, make all the noise you need. I am enough. I am safe and well. I am healthy and happy and loved. I am enough.

[music]

Do a quick body scan, wherever you feel tension, breathe in the fresh air, and try to relax.. Listen to these words. You are enough, you are safe and well, [(6:00)] you are healthy and happy and loved. You are enough.

Breath in.

Breath out.

[music]

Notice the difference in your body when you refrain. Let's say that together. I am enough. Yes, say it out loud. I am enough. I am safe and well. I am healthy and happy and loved. I am enough.

[music]

[(8:00)]

Let's seal this week's mantra with one more cycle of breath. Breathing in as long and slow as you can. And breathing out equally as long and slow. You are enough. Move forward into the New Year from that.

[music]

Thank you for joining us today. We hope that this episode helped you to reflect and will not only start off your week but your year in a positive way. If you've been with us for 52 weeks or 26, thank you so much for inviting mindfulness into your life.

You can revisit this podcast anytime for any episode, and you can start at any week. There is no wrong way to add in a mindful moment.

[music]

Please consider joining Can Do MS at one of our many programs. There's something for everyone, and you can learn more at cando-ms.org/programs. Thank you so much.

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