



Can Do MS Podcast Transcript Mindful Moments: Week 5 Episode 46

[(0:01)] [intro music]

Megan: Welcome back to the "Mindful Moments Podcast". I'm your host, Megan Wykle[?]. And today, we'll explore the mantra and hopes that you can free your mind even for just a moment from the confining feelings of an MS. I want to thank you for being here and being present. I'd also like to thank our sponsors for their generous support and for making this episode possible.

[music playing]

Let's move into this week's Mindful Moment. Week 5. My voice is heard and my words are worthwhile. As you relax into your comfortable position, let those words sink in. My voice is heard and my words are worthwhile.

[ambient music playing]

Notice any tension that you have in your forehead, let it go. Notice any tightness around your ears and let it drop.

Notice any tension you have in your mouth, hollow it out. And notice any tension in your neck and shoulders. In fact, why don't you draw your shoulders [(2:00)] up to your ears, and then roll them down your back?

If your chin is poking forward a little bit, pull it back into your body. Relax your neck muscles. My voice is heard and my words are worthwhile.

[ambient music continues playing]

Take a deep slow breath in and then, exhale. Maybe inside[?] I'm gonna exhale. Is there anything that you are holding back from saying? Maybe you want to share about, how MS makes you feel, but you don't.

Maybe you want to ask your support team, your family, your friends, your coworkers if they really get what you go through. But you don't ask. My voice is heard and my words are worthwhile.

Maybe you wish you could see your MS provider every three months instead of every six, but you don't speak up when you're given your next appointment.

Maybe you have new stuff going on in your body. You're not sure what it is. You're worried that it might be MS. But you don't want to bother the doctor's office by [(4:00)] calling. Your voice is heard and your words are worthwhile.

Let that sink in as you take some long and slow deep breaths in and out.

[ambient music continues playing]

Your voice and you are valuable. Your voice should be heard and your words are worthwhile.

What kind of song can you [(6:00)] create this week? Take a deep breath in and feel it loosen up your throat. On the exhale, open your mouth and just let out a sigh. A side that begins your song.

[relaxing music playing]

Thank you for being here and being present today. We hope that today's mantra resonates with you and carries you through your week.

Join me host Meghan Wykle[?] for the "Mindful Moments Podcast" every Monday morning. Listen each week on the "Can Do MS Podcast".

You can subscribe on your favorite streaming service or at cando-ms.org/moments.

[music plays and fades]

[END]

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