



## **Can Do MS Podcast Transcript Mindful Moments: Week 6 Episode 47**

[relaxing music]

Megan Weigel: Good morning and welcome to today's Mindful Moments Podcast. Our hope is that this podcast provides you with powerful tools to focus your mind and enrich your spirit.

Thank you for joining me today and thank you to our generous sponsors for making this podcast possible. I'm Megan Weigel, Nurse Practitioner, and MS certified nurse, and I'll lead you through this week's Mindful Moment.

Week Six. "I am not missing out when I put my phone down." You heard that right. "I am not missing out when I put my phone down."

Now, sure, you're probably using your phone right now to listen to this Mindful Moment, so you definitely need it. But how many of you actually take a break from your devices? And by a break, I don't mean you're not looking at it, I mean, you literally leave it somewhere and you move away from it. How many of you feel like you're missing out when that happens? I'd love for you to create a space where you feel like you're tuning in when that happens.

Let's tune in to mindfulness now. Go ahead and get comfortable wherever you're seated. Close your eyes and tune out. [(2:00)] Let your forehead relax, let your eyes fall in towards your nose. There's nothing to look for. Let your shoulders relax, your hands relax, let your belly and your legs relax.

"I am not missing out when I put my phone down."

Connection is difficult when almost everything is virtual right now. We rely so much on social media and the media in general. And much of it is not real nor is it helpful. Think of how much time that you spend surfing the internet before you go to sleep. Or how much time you spend watching the news and then wondering why you might be so anxious.

"I am not missing out when I put my phone down."

Continue to breathe in slower and deeper than usual and empty your breath out the same way. [(4:00)] Imagine that you're literally placing your device down on a table and walking away from it. Imagine what's possible if you do that.

[calming music]

Imagine the sunrises, sunsets, smiles, and connection that you missed because your face is on your phone. Put your phone down and look up. [(6:00)] Connect. See the sunrise, watch it set, see the beautiful smiles of the people you love and care about right in front of you.

"I am not missing out when I put my phone down."

Go ahead and come back to a more alert posture. Gently open your eyes.

Thank you for listening with us. I hope this week's mantra encourages you for the week ahead.

Thank you for listening to this episode of the Mindful Moments Podcast series. We hope that you take the time to join us weekly for a new mantra to help focus your mind and enrich your spirit.

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[outro music]

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