



## Can Do MS Podcast Transcript

### Mindful Moments: Week 9

### Episode 51

Megan Weigel: Hi, my name is Megan Weigel, nurse practitioner and MS Certified Nurse. I'm your host for the mindful moments podcast. Today, for week number 9, we will seek to find an MS free zone.

Our mantra for today is: ***I need rest to thrive.*** Let that sink in. I need rest to thrive.

Megan: It seems like a no-brainer, but it's probably one of the most challenging conversations that I have with people. How many of you have good days that caused you to do, do as many things as you can? Because maybe good days, don't come often and then you're down for two or three days. And then, you get frustrated. You need rest to thrive.

Speaking of rest, let's go ahead and get a little relaxation now.

Sit comfortably in your chair.

Rest your head back.

Close your eyes.

Relax, your forehead, your ears.

Hollow out your mouth.

Relax your shoulders down your back.

Megan: [(02:00)] Open up your hands.

Your knees and feet, just kind of flop open.

Let your eyes fall inward.

And let your breath relax.

You need rest to thrive.

You can find rest by prioritizing goals.

You can find rest by allowing yourself more time to do things.

You can find rest by saying no to the things that don't fill you up and that aren't really necessary.

Megan: I need rest to thrive. [(04:00)] For the next few minutes, imagine what you can let go of, so that you can find a little more balance in your daily life.

Megan: Choosing to get everything on your to-do list done. Calling it a good day and then sacrificing two or three days because of it does not equal thriving. Spreading those things out that you need to do over two to four days with some rest in between, that causes balance; balance causes you to thrive. [(06:00)] You need rest to thrive. Make more good days by choosing rest, even when you are just itching to get it all done.

Megan: Go ahead and gently open your eyes. Take one more deep breath in. Open your mouth and exhale all the way. Say to yourself, "I need rest to thrive."

Megan: Thank you for joining us on mindful moments this week. Have a wonderful week and remember to bring in balance. Join us for a new episode of mindful moments every Monday by subscribing to the Can Do MS Podcast. Available wherever you get your podcasts or at [CanDo-MS.org/moments](http://CanDo-MS.org/moments).

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