



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 16
Episode 122

Megan Weigel: Welcome back to Mindful Moments. I'm your host, Megan Weigel, nurse practitioner, and MS-certified nurse. Before getting started, I'd like to take a quick moment to thank our sponsors for making this podcast series possible. Any moment is an opportunity for a fresh start. Thanks for being here with us to learn about and feel in your bodies the benefits of practicing mindfulness. It can help improve quality of life and help us cope with MS and the symptoms that come along with it. We hope that you will join us weekly this year to practice mindfulness and gain a new mantra to help guide you through your week.

It is week 16. This week's mantra is, I am going with the flow. Join us as we go with the flow together for the next several minute. I invite you to get into a comfortable position. If you've been with us for a while, you're probably already sitting there waiting to go with the flow. If you're new to the Mindful Moments podcast, then I encourage you to find a comfortable seat. Let yourself feel supported and safe. You can be seated, or you can lay down if it's more comfortable for you to do so. Wherever you are, let's take a deep breath in together. And exhale together. I'm going with the flow. And so are you right now. You know, you don't even know how long you're going to be in this mindful moment, but you're going to go with the flow, and I commend you for it.

Let your eyes close. Let your forehead relax. Let your jaw relax. Hollow out the inside of your mouth. There's nothing to talk about right now. Draw your shoulder blades up to your ears. Roll them down your back. Let your palms fall open. Take another deep breath in to a count of four or five. And exhale to a count of four or five. I'm going with the flow.

When you go with the flow, how does that feel in your body? What does that look like in your mind? When you're going with the flow, things might all seem to be lining up perfectly in the right order, so that your day is easy. Or maybe things in your body are lining up just in the right way so that a task that's sometimes hard gets completed without any problems at all. You're going with the flow. Keep those breaths going in through your heart center to a count of four on the inhaled. And a count of four on the exhaled. And just go with that flow of breath. If something pops into your mind,

acknowledge it. Don't judge it. And let it flow away. Maybe you see it as an image drifting down a creek with the current or being taken away by the tide. You're going with the flow. Remember to keep those breaths coming into a count of four, and out to a count of four.

I'm going with the flow. All you're doing is breathing. Breathing in through your heart center encourages your heart rate to come down a little bit. That encourages your brain to no longer feel in danger. It shifts your mindset from a negative one to a positive one. One in which you can just go with the flow. I know we're not together right now but go ahead and smile as if you are here with a big group of people. We're all in the same room together. Go ahead and smile right now and say out loud, I'm going with the flow. Let your eyes gently open. Start to move your body. I hope you feel empowered. Thanks for listening to this episode of Mindful Moments. I hope that today's mantra resonates with you, guides you through your week, and helps you go with the flow. Remember, mindfulness does not have to be difficult.

If you enjoyed this episode, please consider sharing the podcast with a friend. Thanks again and see you next time.

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