



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 21
Episode 129

[background music only]

[(0:18)] Megan: Welcome back to Mindful Moments. I'm your host, Megan Weigel, a 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.

There are many benefits to 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 life.

This week's mantra is "I am flexible." Let's get situated into a place where we can be still, be relaxed, and be comfortable, for the next several minutes together.

I am flexible. Close your eyes. Any thoughts you're having about how flexible you aren't [chuckles], please push them away.

I am a yoga teacher and I often encourage people to try yoga. And I think the most common response I get back is "I'm so not flexible." And, you know, I'm not so sure that that's the case for all these people that think they're not flexible.

Flexibility in your body really begins in your mind. It's just an idea of how your body is supposed to move. But being flexible with your thoughts, being flexible with your body, inevitably means that you're just open to doing things a little bit differently.

I am flexible.

Take a deep breath in... and exhale.

Being flexible suggests that in the twists and turns of life, you can still take in information and make decisions. It means that you're not taken out when things don't go your way. It means that you aren't resentful or angry or irritable if plans change.

But flexibility is really a muscle that needs to be developed, mentally and physically. Take the next few minutes to consider areas in your life where you're flexible and areas in your life where you could use a little flexibility therapy. [background music only]

I am flexible.

You are flexible.

We have the capacity to go with the flow. [background music only]

Thank you for joining us today. We hope that this episode helps you to relax and start your week off in a positive way. Please join us again next week for another episode of Mindful Moments.

You can learn more about Can Do MS and our programs and resources @cando-ms.org.

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