



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 26**  
**Episode 135**

[background music only]

Meghan Weigel: Welcome back to Mindful Moment. I'm your host Meghan Weigel, nurse practitioner and MSC 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 so 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. Not to mention, it can just make your day feel a little bit more peaceful.

We hope that you will join us weekly this year to practice mindfulness and gain a new mantra to help guide you through life.

As we transition from springtime into summer, I'd offer to you the Mantra. My roots are strong and nourished. For those of you who have been with us weekly, go ahead and get into that position, you might already be there. So ready for this mindfulness journey.

For those of you just joining us, it's great to have you. I recommend that you either sit or lay in a position where you feel supported and where you can remain alert.

My roots are strong and nourished. Several weeks ago, we talked about a seed and how [(2:00)] we plant seeds, how they push through the dirt, the mud, the ground, and as a new seedling, as a new flower, you're not necessarily strong as you're doing that, you're gaining strength as you're pushing through.

Your experiences are helping your roots to develop. And so when you finally make it through the ground and you see that sunshine and you get that nourishment from the warmth of the sun, your stem strengthens, your flower blooms, your leaves, open, you stand up straight, your roots are strong, and nourished.

What do you need in order to keep your roots strong and nourished? Maybe you need good nutrition. Maybe you need water. Maybe you need love and care from others, love and care from yourself. Maybe you need fate, joy, gratitude. Let the things that you need pass through your mind's eye.

[(4:00)] Take a deep breath in when you see one and an exhale of gratitude, as it moves along. Your roots are strong and nourished.

[(6:00)] My roots are strong and nourished. Many times we can provide ourselves with the nourishment that we need but many times we need to ask for it. A flower can't water itself. It has to ask for rain or to be watered.

So this week, as you consider the things that provide you with strength and nourishment. Consider your strengths and make sure you ask for what you need.

My roots are strong and nourished.

Thank you for joining us today. We hope that this episode helps you to reflect and start your week off, in a positive way that results in strength and nourishment.

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 at [CanDo-MS.org](https://www.CanDo-MS.org)

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