



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 27
Episode 136

[(0:00)] [music]

Megan Weigel: Hello. My name is Megan Weigel, nurse practitioner and MS-certified nurse. I'm your host and I'm excited to invite you back for another week of Mindful Moments. We'd like to thank our sponsors for their generous support of this podcast series. But most of all, I'd like to thank you for joining me to share in this week's mantra and meditation.

This week's mantra is I can accept help. Yes, I said that I can accept help. But before you get comfortable, I'd like you to say it out loud. I can accept help. Okay. Now, you can go ahead and get into that comfortable meditation position where you can stay relaxed yet alert without pain for several minutes.

We are pretty much full swing into summer, the fire element. By nature, this element seeks excitement. It loves to be in love. It's joyful. It's full of laughter. When it's out of balance, there's a lot of anxiety and mental fatigue. There's difficulty communicating.

[(2:00)] There's feeling of restlessness, feelings of vulnerability, feelings of lack of inspiration. As I think of it, one of the cures for all of those things is to ask for and accept the help that we need to move forward. To move forward into this time of the year with that laughter, and that joy, and that excitement of summer. Go ahead and close your eyes and start to lengthen and deepen your breath, in and out, to maybe a count of four or five. Whatever feels comfortable for you without struggle.

[music]

And I keep in mind that, yes, we are talking about summer. We're talking about a time of year when people living with MS often struggle the most because of the heat and heat sensitivity. A time

of year when you may need more help than you're used to asking for. You may need to use cooling equipment, which people may see and then...

[(4:00)] they may ask questions. You may need to take rests more often. You may need to use an assistive device when you didn't in the winter when things were cooler. But if you ask for and accept that help, it literally makes for a smoother road. It conserves your energy. It conserves your attitude. It conserves your inspirations. You can accept help.

Take the next few minutes to continue that slow, deep breath. That pattern that regulates your nervous system. That regulates your heartbeat. That tells you it's okay to accept the help you need.

[music] [(6:00)]

I can accept help.

Thanks for listening to this episode of Mindful Moments. We hope that today's mantra resonates with you and guides you through your week and allows you to accept the help that you need to make it a joyful one. Remember, mindfulness does not have to be difficult. If you enjoyed [(8:00)] this episode, please consider sharing this podcast with a friend. Thanks again and see you next time.

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[END]

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