



MINDFUL
MOMENTS

Can Do MS Podcast Transcript 2023 Mindful Moments: Week 29 Episode 138

Megan Weigel: [music]. 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. There are so many benefits to practicing mindfulness. It can help improve quality of life and help you to 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.

Let's jump into Week 29. [music] It's hard to believe that we are more than halfway through the year. I'd love for you to consider, as we go through this week's time together, where you are and where you thought you'd be at this point in the year. Because at the end of this week's meditation, I really want you to wholeheartedly believe this week's mantra. And that mantra is: "I am comfortable." So, with that in mind, let's go ahead and get into a comfortable position. It makes sense, right? I tend to recommend a seated position so that you can stay in a space of relaxed alertness. Or if you need to lie down to be more comfortable, that's fine. Just do your best to not fall asleep [(2:00)] and leave us.

"I am comfortable." What does that look like to you? Does it look like being comfortable physically? Does it look like being comfortable in your mind, comfortable with your thoughts? Or maybe comfortable in your life, following your gut feeling? "I am comfortable." Think about that as you begin to get more comfortable in our time together. Go ahead and do a survey. We'll start at the top of your head and go down to your toes. Is your forehead tight and wrinkled? Relax it. Take a deep breath in and feel your shoulders come down onto your back. Let your tongue relax. Hollow out the inside of your mouth. Let your belly relax. We spend so much time trying to hold it in.

Let your legs relax. Let your feet just fall open. Take a deep breath in. "I am comfortable." [music], [(4:00)].

[music].

If you're having a hard time getting [(6:00)] comfortable, know that this is a practice. Comfort doesn't just come to many of us. Maybe you can't get past the discomfort in a place in your body. Or maybe you can't get past the discomfort that's in your head. It might sound like, "Am I doing this right? Am I relaxed enough? Am I breathing funny? What if someone sees me?" [chuckles] None of that actually matters. What matters is that you're just comfortable right here, right now, trying the practice of mindfulness. During this time of year, we're dealing [inaudible] with the fire element. When the fire element is in balance, you're comfortable. You're thoughtful. You're joyful. You're stable. You're graceful.

That suggests comfort in your mind, your heart, your gut, and your body. "I am comfortable."
[music], [(8:00)].

[music]

So go ahead and say those words in your mind's eye. "I am comfortable." If it feels right to you, even speak them out loud. Take a deep breath in. And as you exhale, "I am comfortable," make sure that [(10:00)] your body is still comfortable. Your forehead is still relaxed. Your shoulders are still down and back off your ears. Your belly and your legs still feel relaxed. Go ahead and put your hand on your heart. Let it know that it deserves nothing other than comfort. Take one more deep breath in and open your mouth, exhale. [exhales]

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

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