



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 33
Episode 143

[Music plays]

Meghan: Welcome back to mindful moments. I'm your host, Meghan Wykel, 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 you to cope with MS, and the symptoms that come along with it. We hope that you will join us weekly to practice mindfulness and gain a new mantra to help guide you through life.

This week's Mantra is 'I feel inspired!'. For those of you who have been on this journey with us for now more than half the year and perhaps for a year and a half, you know that I do quite a bit of talking during the time that we spent together. This week, I don't want to do much talking. I'm going to guide you in to your feelings of inspiration and then I'm just going to let you be with them and enjoy all of those moments. So from your comfortable meditation position, put your attention on your forehead and scrunch it up and then relax it. Maybe you take your fingers and run them along your forehead, from the middle of your forehead to your temples on each side, and now squeeze your teeth- your teeth together, and then open your mouth, just let your jaw hang open.

[(2:20)] Draw your shoulders up to your ears, roll them down your back, let your palms fall open on your lap. Let your legs be comfortable wherever they are. Maybe you put a pillow in between your knees or under your knees, maybe you put pillows on the sides of your legs, whatever you need for support. I want you to take all the doing out of what your body needs so that you can just feel inspired.

What inspires you? Is it art, is it music? Is it someone you love? Is it the way a person acts? Is it the beauty of nature? Is it looking forward to something coming up in your schedule? Is it feeling better because you made a change? It's positively affected your life and your health. Is it a person that you look up to? Is it a color? What inspires you? For the next several minutes, let those images just

flood your mind's eye. Relax into them with slow deep breaths in and out.

[(4:04)] I feel inspired.

[(6:03)] [Music plays in background]

I feel inspired.

I feel inspired. I hope that you feel inspired by all the things that came into your mind. I hope that you feel encouraged that there is just a lot of positivity around you waiting to be noticed.

[(8:12)] Thanks for listening to this episode of mindful moment. We hope that today's Mantra resonates with you and guides you through your week. Remember, mindfulness does not have to be difficult. If you enjoyed this week's episode, please consider sharing this podcast with a friend. Thanks again and see you next time.

[END]

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