



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 50**  
**Episode 164**

[(0:00)] Megan Weigel: 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 many benefits to practicing mindfulness. It can help improve quality of life and help cope with MS and the symptoms that come along with it. We hope that you will join us as the year ends, to practice mindfulness together.

This week's mantra is, I notice where emotions go in my body. Hmm. For some of you that might be easy, and for some of you that might be hard to imagine, so let's just get right to it. Let's go to where we're comfortable to spend close to 10 minutes in meditation. Let yourself be in a position that allows you to relax, be comfortable, but not fall asleep. We're going to be noticing things, but we're not going to be applying judgment to them. I notice where [(2:00)] emotions go in my body. I think the most recognized emotion that gets stuck is neck pain. People say, oh, I hold all my tension in my neck and shoulders. Where do you hold your tension? Where do you hold your anger? Do you have awareness around where emotions go in your body? This is an important part of the season of autumn and it's theme of letting go. Some people have a hard time speaking when they're nervous. Other people get stomach aches when they're afraid. Some people feel that their vision gets blurry when they're tired or maybe their feet, maybe they feel weak.

Can you identify where emotions go in your body? [music playing]

[(4:00)] I notice where emotions go in my body. What's your toughest spot? Where do your emotions like to hide? For the next few minutes, put your attention exactly on

those spaces. As your breath is longer and slower and deeper than usual. Send your breath right to those spaces. Almost like a wind, a comforting wind that comes around and washes things away, blows the dust out of the corners. Allow your inhales [(6:00)] to come in like a nourishing wind and your exhales to let go of that emotion that's stuck in that place. [(8:00)] I notice where emotions go in my body. Carry this mantra with you this week. If you have a new discomfort pop up physically, notice whether or not there's something new going on in your emotional spirit. Consider if the two are connected.

I notice where emotions go in my body. 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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