



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 51
Episode 165

[(0:00)] Megan Weigel: [music] 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, gosh, if you've been here the whole year, then in this year's mantras. [music] And this week's mantra is I feel relieved. When's the last time you felt relieved? Go ahead and get comfortable in your meditation position. You might already be feeling a sense of relief just from hearing that word.

When's the last time you felt relieved? Was it when you got some good news? Was it when someone helped you? Was it when you finished a project that was taking up a lot of brain space? Was it when you finally started to put your attention on the needs of your body or the needs of your heart? Say out loud, I feel relieved [(2:00)]. Feel that all over your body. Close your eyes, take a deep breath in. Open your mouth and sigh it out, ha. Let's practice feeling relief in our physical body today. Tighten your forehead, furrow your brow as you breathe in. And as you exhale, let it go at.

Let your brow unfurrow, let your forehead release. Notice how you're holding your mouth. Hollow out the inside of your mouth, let your tongue come off the roof of your mouth. Let your jaw hang open. No one's there to look at you right now. I feel relieved. Bring your shoulders up to your ears, roll them down onto your back so your shoulder blades come closer together. I feel relieved. Tighten up your belly muscles. Draw your ribs in and now let them go. Let your belly hang out. Take a breath in and feel your rib cage fill up [(4:00)] with the air that you need to quite literally live. I feel relieved.

If you can do so, draw your knees into your chest. And if you can't, press your feet into the floor or into the pedals of a chair, so you're activating your leg muscles. And if your legs are drawn into your chest, let them go. Let them fall straight again. And if your legs are pressing into the floor or to your foot pedals, let them go so they relax again. I feel relieved.

Draw your hands into tight fists. Bend your elbows and bring your hands towards your chest. Your arms are tight. And now straighten your arms, open your hands. I feel relieved. Take some long, slow, deep breaths in and out and let your mantra, with the inhale, the I feel relieved. And with the exhale, it feels good to let go. I feel relieved. [(6:00)] It feels good to let go. [music] [(8:00)]

I really hope that you feel relieved. Thank you for listening to this episode of Mindful Moments. We hope that today's mantra and exercise resonates with you and guides you through your week. Remember, mindfulness does not have to be difficult. If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again, and I hope to see you next week for our final week of the year. [music]

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