

Everyday



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YOUR *WINTER* UNWIND

A GUIDE TO NAVIGATING
THE SEASON

INSIDE VOLUME 6

COMBATING
WINTER BLUES

INTRODUCING
THE *ECF* FAST 5
MINDFULNESS
SERIES

SEASONAL
EATS AND
TREATS



GET INTO THE *FESTIVE* FEELING

This season, celebrate your way.

With routines interrupted by the holidays and the other worries winter can bring, discover new cystic fibrosis (CF)-friendly ways to kick back and unwind.

In this edition, find tips, tricks, and holiday hacks to give you the boost you need to get the most out of winter. Whether that's learning mindfulness tactics from our new ECF Fast Five series, or getting expert recommendations on combating seasonal anxiety, Everyday CF has you covered.

GET READY FOR INSURANCE CHANGES

This winter, prepare for the year ahead by taking time to review your health insurance options. Enroll in a new health insurance plan or make changes to an existing one.



Uncommon Lungs
A Podcast by **EverydayCF**

CATCH UP ON THE LATEST EPISODES!

Listen as host Julia Rae connects with real people in the CF community. In each new episode, hear how guests Magen, John, and Belle navigate life with CF through:



BUILDING BODY AWARENESS



FACING FINANCES



MAKING YOUR CAREER WORK FOR YOU

BONUS
Stick around to the end of each episode to hear from care team experts.



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FINDING YOUR WAY through the winter blues

Ahh, winter. Shorter days, comfy clothes, and, for some people, some kind of seasonal effect on their mood, social activity, or physical health. And in people living with CF, which can be an isolating disease, these seasonal effects might be felt even more strongly.

Combining holidays, more prevalent respiratory illnesses, and an increased susceptibility to lower mood with the social isolation that many people with CF face may create a perfect storm for changes in mental wellbeing in the winter months.



**AMANDA
MONTGOMERY,**

a licensed clinical social worker at Nemours Children's Health, shares her tips for this time of year.

DO YOU NOTICE A SEASONAL EFFECT ON MOOD IN PATIENTS THAT YOU SEE?

I commonly see how seasonal changes influence the moods and emotions of the young people that I work with. We have more activities that keep us indoors and out of the sunshine and fresh air. As fall turns to winter, the days are quite literally shorter. With winter also typically comes the higher risk and susceptibility of flu and cold season. While an inconvenience for all, the stakes are much higher for an individual living with CF (and their families), as an illness could lead to bigger infections, more time away from school or work, and/or possible need for hospitalization. How could that NOT have an impact on one's mood or emotions?!

DO YOU FIND THAT LONELINESS IN PEOPLE WITH CF IS DIFFERENT AT DIFFERENT TIMES OF YEAR?

The CF healthcare community has long promoted infection control protocols to reduce the risk of cross contaminations between individuals living with CF. By that nature alone, it can sometimes foster a sense of isolation and separation from other people who genuinely know what it is like to live with CF. While exposure and connections are available through social media and other sources, I have had many young people share "but I really wish I knew someone in real life that I could see and talk to". With seasonal changes, many individuals and families might change their typical social activities to minimize the risk of getting sick.

DO YOU HAVE ANY TIPS FOR DEALING WITH HOLIDAY ANXIETY SPECIFICALLY?

Even things we look forward to, like the holidays, can come with stress and worries. My top tips would be to **stay on top of treatments** (especially as holiday plans tend to make it more difficult to stay on top of your healthy habits), **don't be afraid to say no to plans** that bring you more stress than joy, **create a secret signal** with your loved ones or friends to give a thoughtful pause and/or graceful exit when a situation is feeling overwhelming, and lastly, **have a back-up plan** (or two) in case something unexpected, like a change in health, happens.

WHAT ARE SOME COPING STRATEGIES THAT YOU MIGHT RECOMMEND FOR PEOPLE STRUGGLING DURING THIS TIME OF YEAR?

Here are a few of my tips to help in your battle against the “Winter Blues”:

- **Get some sunlight:** Since sunlight helps regulate serotonin (the brain chemical that affects mood), a lack of sunlight in the winter can reduce serotonin levels that could trigger depression. Find creative ways to bring the sunshine in, such as going outside (even if it’s cloudy outside), or opening window curtains. You can also consider getting a special lightbox
- **Stay on top of medical therapies:** It is easy to fall off treatment schedules when you’d rather curl up and hibernate. However, this also increases your susceptibility to getting sick with winter viruses. Creating and keeping good habits around your treatment schedules are ways to feel an element of control and on top of things
- **Be active:** Physical activity has been clinically proven to help relieve stress and anxiety. If you’re able, avoid staying in your bed all day, even if you are staying home. It’s okay to start small, like taking your dog for a walk. And it can be more enjoyable when you do it with a friend
- **Talk about it:** No one is a mind reader. Don’t be afraid to share with those around you how you are feeling or what you are going through. Any friend or family member worth having in your life will understand, be glad you told them, and will offer their support
- **Don’t be afraid to seek help:** Consider talking with a mental health professional. As part of the CFF Mental Health guidelines, every accredited CF care center has identified mental health supports (social workers, mental health counselors, psychologists) who are part of the team and available to talk to

Stress-Free Gift Solutions

This season, explore gift options and other ways to connect with loved ones that are easy on your mental health and on your wallet.

Delightful Desserts

Nothing says you care like a fresh batch of homemade baked goods. Give as a gift or spend some quality time baking together.

Need inspiration? Check out our recipe for Sunny Citrus Bars on [page 15](#).



Curated “Mixtapes”



Mixtapes may be a thing of the past, but playlists aren’t. Show someone you’re thinking of them with a personalized playlist of songs you think they’ll love.

Share it on a music platform or write it down in a beautiful handmade card.

Movie Marathons

Plan an evening with loved ones and choose a movie theme with everyone’s favorite flicks to watch together.

HOT TIP: Your streaming service may have a Watch Party feature for those far-from-home friends.



HOLIDAY HACK

Recyclable brown kraft paper or even newspaper can be a fun and affordable substitute for wrapping paper. Grab your markers and craft supplies to personalize the wrapping on each gift you give!

Introducing the

ECF FAST 5

Every issue, get acquainted with a member of the CF community by taking a peek into their world.



@cfwarriorninja

First up, meet **AMBER DAWKINS**

A Kansas City photographer living with CF who is also a mom and an athlete.

Running my own photography business allows for quite a bit of flexibility in my schedule, which is a huge blessing when managing a full calendar. And it is **FULL**. I rely on my color-coded Google calendar for organizing the kids' activities, family time, athletic training, photography sessions, and doctor's appointments.

Routine helps a lot, too—I try to save Wednesday nights for training, book new client consultations on Thursday afternoons, and refill my medication organizers on Sundays. I also get the kids involved in some of my CF maintenance routines, helping me refill my insulin pump or getting my pills organized for the week. When we do those things together, it becomes a bonding experience.

And even though I'm a night owl, I try to get enough sleep most nights. I know I stay healthiest and have the most energy to adventure with my family when I'm well rested. As an extrovert, I also tend to be fueled by people and activity, so this busy life naturally suits me!



1. WHAT ARE YOU LISTENING TO?

I do a lot of driving to and from photography sessions, and when I'm alone in my car, I'm usually singing along to country music—especially 90s country! But for all those school drop-offs and pick-ups, my family and I created a playlist with a little something for everyone. Encanto songs, Taylor Swift, Bon Jovi, Weezer—it's all on there!



2. WHAT'S COMING OUT OF YOUR KITCHEN THESE DAYS?

Year-round, one of my favorite treats to make for the family is my homemade banana pudding. I whip my own cream and add sweetened condensed milk, and it's just soooo rich and creamy! This time of year, my husband and I occasionally indulge in apple cider margaritas as an after-hours treat. And even though my son Oliver and I are the only ones in the house that like it, in just a few short weeks, you'll find our fridge stocked with eggnog for the next several months!

3. WHAT ARE YOU WATCHING OR READING?

Part of my job means spending countless hours editing photos in my home office, and I usually have a TV show running on my second monitor while I work. My favorite ones to rewatch are *Friends*, *How I Met Your Mother*, *The Big Bang Theory*, and *New Girl*!



4. WHAT IS THE QUINTESSENTIAL SCENT OF WINTER FOR YOU?

The smell of pine has to be it for me. We decorate our home with artificial Christmas trees, but I burn evergreen candles and essential oils to fill the house with the smell of real pine trees. Walking in from the cold to the smell of cookies fresh from the oven is a close second though!



5. HOW DO YOU STAY ACTIVE IN THE WINTER?

I train at an indoor gym, so I get to keep doing that consistently all year, no matter the weather or season. We also have a little gym in our basement (thanks to my hubby, who seems to be able to build anything), so I can do workouts down there to supplement my training classes. I look forward to spring and summer weather, but I know that staying active in the wintertime means I'll be strong and healthy enough to adventure outdoors in the summer!



Remember, everyone's experience with CF is different, so it's important to talk to a doctor before making any changes to your routine or engaging in physical activity.



Feeling inspired by Amber's ECF Fast 5?

Using a grounding exercise that engages your five senses is a mindfulness technique that can be used to relieve stress. Ask yourself the ECF Fast 5 questions this season.

CELEBRATE YOURSELF

FIND JOY IN SETTING GOALS

Around this time of year, we sometimes think we need to hit the reset button. And while a fresh start can be enticing, it's also a good time to reflect on all the things you're doing that *are* working. When setting goals, it's helpful to look at the past, present, and future.



REFLECT:

What are you proud of yourself for and what are the moments that brought you the most joy in the past year? Think big picture and little picture.



RELEASE:

What can you let go of that is no longer serving you? Consider how you can move forward from a place of acceptance.



REIMAGINE:

How can you make improvements this year? Think outside the box! After reflecting on your accomplishments this past year, are you noticing any patterns or actions that bring you more joy than others? How can you incorporate more of that into your life?

KEEP TRACK THROUGH JOURNALING



Writing down your goals and plans in a bullet journal may make it easier to stick to them! Try it out with our bullet journal template on the next page!

CAREGIVER ACTIVITY

Create a vision board with your loved one

Setting goals isn't just for adults! With a loved one, try cutting out some fun pictures from this magazine (or other magazines you have lying around the house) and creating a vision board. See what catches their eye and find out what they're looking forward to in the future.

**TRY
OUT**

bullet journaling
with this template:

MONTH:

WEEK OF:

**WHAT GOALS ARE YOU
WORKING TOWARD THIS WEEK?**



Five horizontal white bars with arrowheads on the right side, set against a yellow background, for writing goals.

**WHAT'S ON YOUR
TO-DO LIST?**

**WHAT'S ON
YOUR SCHEDULE?**

A vertical list of seven empty checkboxes on the left, followed by seven horizontal lines for writing to-do items.

Date	Time	Appointment
/		
/		
/		
/		
/		

**CHECK IN WITH YOURSELF AT THE END OF THE WEEK.
HOW ARE YOU FEELING?**



Four horizontal lines for writing a reflection on how you are feeling at the end of the week.

Healthy Habit Tracker

Write down the habits you'd like to keep track of and check off a box for every day you complete them.

MONTH: _____

WEEK: _____

HABIT	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Drink water							
Take treatments							

Financial Coverage Planner

Double check your insurance coverage for the year. Has anything changed regarding your medications, health care providers, or other medical expenses?

INSURANCE COVERAGE	
Insurance Provider:	Policy Number:
Program Name:	Group Number:
Medications:	Health Care Providers:
⬇	⬇
⬇	⬇
⬇	⬇
⬇	⬇
⬇	⬇
⬇	⬇
⬇	⬇
⬇	⬇
⬇	⬇

ASSISTANCE PROGRAMS, GRANTS, & SCHOLARSHIPS	
Program Name:	Amount Covered:
Description:	Enrollment/Application Deadline:
Program Name:	Amount Covered:
Description:	Enrollment/Application Deadline:

YOU'VE GOT A GOOD THING GOING

Want to make good habits irresistible? Try this habit stacking exercise:

1. Make a list with 2 columns.
2. In the left column, write down all the daily habits you currently have. These could be as simple as getting out of bed in the morning, eating lunch, or doing treatments.
3. In the right column, write down all the things that consistently happen to you each day. For example, the sun rises, your alarm goes off, you get a notification on your phone, etc. We'll call these cues.
4. In a separate list, decide on the habits you'd like to form. Habits should be specific, clear, and immediately actionable. Rather than a goal like "exercise more," consider exactly when and how you will layer that into your day.
5. Now that you've identified your current habits and cues as well as the new habits you're working toward, stack your habits using this formula:

After/Before [CURRENT HABIT/CUE], I will [NEW HABIT].

As an example, if you wanted to get more movement into your day, maybe start with something like, "After I brush my teeth in the morning, I will do 10 jumping jacks." No ambiguity. Keep it simple in order to ensure it's doable for you.

KEEP UP THE MOMENTUM WITH HABIT STACKING



6. Give your new habits a test drive. Are they easy to remember and execute? Are you questioning when or how to do the new habit? See where you can be more specific and make modifications as needed.
7. Once you feel settled into your new habits, you can always try to add more! The point of habit stacking is to build onto patterns you're already familiar with. So the more comfortable you feel with a habit, the more likely you are to continue it.

CARE PARTNER PERSPECTIVE

I made a decision that I actually needed to prioritize my health in order to be the best that I could for them—for my husband, for our family. **And so at that point I realized that I needed to make my health a priority.** Because if I wasn't healthy, then the rest of my family's not healthy.

And so one of the things that I do, and I know it's not for everybody, but I try to get up before my family even rises. So I set my alarm for really early and I try to get a good hour to hour and a half before my family gets up to get my breathing treatments in, to get some exercise in. And it truly sets me up for my day. Both mentally and physically it helps me be a better person, a better mom, a better wife.

—Tara,
Parent Living With CF



season's
EATINGS!

Using seasonal ingredients not only makes for hearty meals, but also tends to be less expensive too. Whether you're cooking for a normal Wednesday night or a special holiday dinner, try out these tasty recipes. They're sure to become mealtime staples during the winter months.

ROASTED ROOT VEGETABLE MEDLEY

No matter the entrée, this colorful and fiber-packed side dish is sure to be the stand out on any dinner table.

65
Minutes

4
Servings

320 Calories
Per Serving

914 Milligrams sodium
per serving

39 Grams of carbohydrates
per serving

16 Grams of fat
per serving

10 Grams of sugar
per serving

7 Grams of protein
per serving

INGREDIENTS

- ½ red onion
- 1 medium sweet potato, peeled
- 2 medium yellow potatoes
- 3 carrots
- 3 parsnips
- 1 ½ tablespoons pumpkin seeds
- 1 ½ tablespoons walnuts, chopped
- 1 ½ tablespoons olive oil
- 1 teaspoon dried sage
- ¼ teaspoon dried rosemary
- ¼ teaspoon dried thyme
- ½ tablespoon salt
- 1 teaspoon ground pepper

INSTRUCTIONS

1. Preheat your oven to 350 °F.
2. Line a large rimmed baking sheet with parchment paper.
3. Cut your vegetables into ¾-to-1-inch chunks and add to a bowl.
4. Add the oil, sage, rosemary, and thyme, as well as the salt and pepper (to taste) to the bowl and toss.
5. Spread the mixture out on the baking sheet and bake on the lower rack for 50 minutes, stirring occasionally until vegetables are tender and brown.
6. Toast the pumpkin seeds and chopped walnuts in a pan over medium-high heat (no oil) until fragrant and use as a garnish.

This versatile veggie roast has endless potential. Try it with butternut squash or brussels sprouts, or see what other vegetable combos work for you. By using different-colored vegetables, you can add a variety of micronutrients to your meal.

SWITCH
IT UP

GREAT
FOR LUNCH
LEFTOVERS!



TURKEY & BLACK BEAN CHILI

Looking for a hearty dinner option for those cold and cozy evenings?
Try this simple yet satisfying chili.

75
Minutes

4

Servings

424 Calories
Per Serving

676 Milligrams sodium
per serving

18 Grams of fat
per serving

41 Grams of protein
per serving

31 Grams of carbohydrates
per serving

5 Grams of sugar
per serving



**FREEZER
FRIENDLY FOR
MEAL PLANNING!**

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 pound ground turkey
- 3 (15 ounce) cans black beans, not drained
- 1 (14.5 ounce) can crushed tomatoes
- 1½ tablespoons chili powder
- 1 tablespoon dried oregano
- 1 tablespoon dried basil leaves
- 1 tablespoon red wine vinegar

INSTRUCTIONS

1. Heat the oil in a large, heavy pot over medium heat; cook onion and garlic until onions are translucent.
2. Add turkey and cook, stirring, until meat is brown.
3. Stir in beans, tomatoes, chili powder, oregano, basil, and vinegar.
4. Reduce heat to low, cover, and simmer 60 minutes or more, until flavors are well blended.

COOKING TIP

Want to beef this chili up? Try using ground beef instead of turkey. Beef typically has a slightly higher fat content than turkey. If you'd rather go meatless, add another can of beans instead of the turkey.

SUNNY CITRUS BARS

Brighten up the short days and long winter nights with this zesty, lemony treat.

70

Minutes

8

Servings

323 Calories
Per Serving

47 Milligrams sodium
per serving

14 Grams of fat
per serving

26 Grams of sugar
per serving

47 Grams of carbohydrates
per serving

5 Grams of protein
per serving

INGREDIENTS

Crust

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 cup sugar
- $\frac{1}{8}$ teaspoon salt
- 8 tablespoons unsalted butter, melted

Filling

- 3 eggs
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{3}$ cup lemon juice (approximately 3 lemons)
- 1 $\frac{1}{2}$ tablespoons lemon zest
- 8 thinly sliced lemon wedges

INSTRUCTIONS

1. Preheat your oven to 350°F.
2. Line an 8x8 baking pan with parchment paper.
3. Add the melted butter, flour, salt and sweetener to a large bowl and mix well.
4. Pour the mixture into the baking pan. Bake for 20 minutes and cool for 10 minutes.
5. In a bowl, combine the lemon juice, 1 tablespoon of lemon zest, eggs, and vanilla extract. Mix well.
6. Once the crust is cooled, pour the filling onto it and bake for an additional 25 minutes.
7. Garnish with remaining zest and lemon wedges, cool, and cut into 8 bars.

THE PERFECT
GIFT FOR ANY
HOLIDAY!

TASTY
TOPPERS

For some added fat content, try serving this delicious dessert with a dollop of whipped cream. Not a fan of lemon? Replace the juice, zest, and wedges with another type of citrus—try lime or orange.





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