

MAGAZINE VOL. 8 | WINTER 2023 | EVERYDAY-CF.COM

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A Winter of Wellness

FIND BALANCE AND COMFORT THROUGH THE SEASON

INSIDE VOLUME 8

Predict the future with a mindful reimagining of a game from the past. **(page 13)**

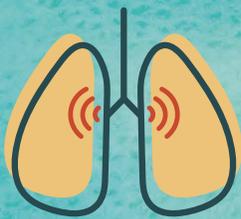
Spice up the holiday season with recipes the whole family can enjoy. **(page 10)**

Could animal companions help combat stress and loneliness through the winter months? **(page 12)**

REST, RESET, REPEAT.

Keep yourself on track through the winter months with habits that fit comfortably in your routine

In this issue, learn how to live seasonally and seize moments of slowness that may come after the holiday celebrations are over. Plus, discover ways to heat things up with sentimental family-style recipes, nostalgic mindfulness activities, energy-boosting workouts, new community perspectives, and so much more.

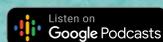


Uncommon Lungs

A Podcast by Everyday **CF**

Get cozy with the latest episodes of the Uncommon Lungs podcast

Reflect on past conversations with host Julia Rae and discover new stories to inspire you as you head into the new year.



SCAN TO LISTEN NOW

What's Inside?

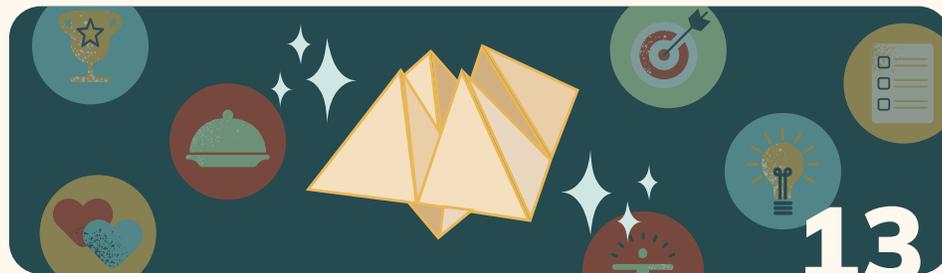


Under Pressure: Holiday Recipes

Spice up your next family gathering with one of these community-inspired pressure cooker recipes.

The Power of Pets

Learn some of the different ways that animal companions can provide support to people with CF through the winter season and beyond.



What Does Your New Year's Future Hold?

Our twist on the classic paper fortune-teller. Play the game to predict which mindfulness activity you'll do with a loved one.

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The ECF Fast 5

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

Meet Maria

Speech-Language
Pathologist with
a strong family
support network



I am a daughter, a sister, a niece, a cousin, a friend, a speech-language pathologist, and a woman who has cystic fibrosis. CF is a big part of who I am; however, it is not all I am. CF has taught me to live life to the fullest, because life is a gift, and every breath you take should never be taken for granted. I walk around confidently because although I know I battle with my health, I am also a woman with dreams who has a lot to offer the world.

They say it takes a village to raise a child; that couldn't be more true for a child with a life-threatening condition. Not only do I have my parents as support, but I also have family and friends who genuinely love me and have been with me every step of the way. They all look out for me and want what's best for me. I honestly couldn't ask for a better support system.



What's a song that brings back fond memories for you and your family?

Being raised in a Latin household, music is essential. I grew up listening to Marc Anthony; The Bee Gees; Earth, Wind and Fire; and my favorite, the Backstreet Boys; to name a few. The one song that brings back delightful memories for me and my family would be Marc Anthony's *Vivir Mi Vida* (Live My Life). We are a family that loves to dance, and when this song plays, no matter where, we will all get up and dance to this excellent salsa song.



What's a scent that feels like home to you?

The smell of freshly brewed coffee is a scent that will always feel like home to me. Coffee has always played a significant role in my family. Not only is it delicious, but it's one of the couple of times throughout the day that you can sit down with your family and bond over a nice big cup of cafecito, as we would say in Spanish.



What's something you like to watch when you have a moment of free time after work or studying? Possibly something you turn on while doing your treatments?

I enjoy watching anything that makes me laugh, from shows and movies to stand-up comedy. I also enjoy watching shows that include dancing and music, like the Masked Singer and Dancing with the Stars. I've heard music is good for the soul, so I live by always making my soul happy.



You mentioned your mom is the cook of the family. Given the chance, what dish of hers would you want to eat almost every day?

My mother is a fantastic cook; so picking one dish is challenging. However, the one I could eat almost every day is called Hilachas. It is a traditional Guatemalan dish that consists of shredded beef marinated in tomato sauce with veggies and served over white rice.*



Living in a hot climate, how do you manage to stay cool all year round?

It's nearly impossible to survive without air conditioning. At home and in the car, the A/C is always running. If any activities are outside, then staying hydrated, drinking plenty of liquids, and wearing summer-appropriate clothing are vital. Also, I increased my intake of salt because sweating is non-stop here.*

What's for dinner?

Don't miss out on Maria's favorite dish. The recipe for hilachas, a traditional Guatemalan dish, is on **page 10**. Buen provecho (enjoy your meal).



*Talk to your healthcare provider about what's right for you.

Tune into seasonal changes

Ways to slow down and savor your spare time

When the holiday celebrations are over and the hectic start to the season begins to slow down, it may be time for you to do the same. Regardless of the climate you live in, winter can feel like a natural time to rest and reset. Here are some tips for making the most of your wintering season:

What is wintering?

A way to get through tough times by chilling, hibernating, healing, and regrouping.



Acknowledge that you are in a season of wintering

You can't stop the seasons from changing, but you can find ways to accept that change is happening. Resisting unwanted emotions and ignoring signals from your mind, body, and surroundings doesn't serve you in the long run. Instead, allow yourself to be in the present moment and take cues from nature about how to prepare yourself for this time of year. Are you avoiding the slow and reflective rest you need to continue growing and transforming? Tune into your body, feel your feelings, and give yourself permission to seek support through family, friends, your care team, or your community if you need it!

Increase exposure to natural daylight

Lack of sunlight can contribute to vitamin D deficiency, which is common among people with CF and can lead to decreased bone mass and other related comorbidities. While getting outside on a sunny winter day is definitely not a substitute for vitamin D supplements or therapies, it may still be helpful. Along with providing a form of this essential vitamin, exposure to sunlight may help improve mood, energy levels, and sleep quality. Before you start soaking up the rays, just make sure to talk to your care team about the risks and benefits of sunlight exposure in combination with your treatment plan.

Embrace small pleasures

Little acts of self-care add up. Find what makes you feel good through the winter season. Do you enjoy long walks? Fuzzy socks? A hot bath or some hot chocolate? It could even be as simple as watching your favorite movie, playing a game with friends, or listening to a playlist that matches your mood. This is your sign to indulge in the little things!



Become an expert in the art of being cozy

hygge
noun [HUE-geh]

An atmosphere of warmth, well-being, and coziness evoked by simple comforts.



Ever heard of hygge? Popularized during the long, dark Scandinavian winters of the 19th century, this Danish practice has now been widely adapted as a form of self-care and a way of life and being with the people we love.

Adopting a hygge mindset means creating a comfortable environment for yourself and your family, physically, socially, and emotionally. From hanging fairy lights and snuggling up with a soft blanket to surrounding yourself with the people you love to setting boundaries that help keep you safe from seasonal contagions, engaging with hygge can look very different for different people. But regardless of the methods you use, the key is that you and your loved ones feel safe, nurtured, and comfortable letting your guards down. Here are a few ways you could give it a try:

Know thyself

Knowing your own boundaries and what makes you most comfortable can help you arm yourself with the tools you need to keep that safe, cozy feeling with you in any situation—especially come cold and flu season.

Indulge in togetherness

Quality time with close friends and family in which you provide each other with support and understanding is the essence of hygge.

Engage in rituals

Bringing intention, mindfulness, and gratitude to your daily routine may help you relish the here and now, which is a key component of hygge. You might try turning off your devices for a little while or setting a special bedtime routine ahead of a regular sleep schedule. You could also consider reading food labels at the grocery store and identifying ways to incorporate seasonal ingredients into your diet. Or maybe you allow yourself to engage in slow and intentional meal preparation—especially when baking tasty holiday treats with the whole family!

How can you hygge-fy your wellness routine?

In the spirit of hygge, consider where you can upgrade your wellness routine to support you through the winter months. Do you need to add some extra nourishing moisturizers to your skin care regimen to combat dryness? Could you set up an extra cozy space to meditate on cold winter mornings? Have you been wanting to ask your care team about trying a complementary wellness method like light therapy? Now is the time!

For more self-care activity ideas, watch the [Maintaining a Healthy Mindset](#) video:



WAKE UP TO THESE WINTER WORKOUTS

A little light movement to start the day can help warm up the body and refresh the mind

When the weather is cold and the days are short, it's tempting to hunker down in bed and stay under the covers as long as possible. And some days, that's totally okay. But when you need a boost of energy, waking yourself up with a little light movement can go a long way.

Everybody is different, so it's important to consult with your care team before engaging in physical activity. With that in mind, consider whether exercising in the morning might be right for you. There are a few benefits to starting your day this way, including increased alertness and focus, more overall energy, better mood, and improved sleep.

Relieve soreness with a quad stretch

Stretching your body may help keep you more flexible and less tense throughout the day. Try to focus on your breathing while you hold the stretch.

To do this stretch:

1. Stand next to a wall or surface that you can hold onto for balance.
2. Bend your right knee behind you and bring your heel up toward your buttocks, making sure to stand up straight and keep your knees close together.
3. Use your right hand to hold onto your ankle or foot and extend your left arm up or to the side.
4. Hold this pose for up to 30 seconds then repeat the stretch on the opposite side.



Practice your resistance with lunges

Bodyweight exercises can help quickly warm up your body on a cold winter morning, while building your strength and stability.

To do this exercise:

1. Start in a standing position with your feet shoulder-width apart.
2. Take a big step forward with your right foot and lower your hips toward the floor without letting your front knee go beyond your toes.
3. Lengthen your spine upright and keep your core engaged as you hold this position for 5 seconds or longer.
4. Return to the starting position by stepping your right foot back to meet your left then do the whole movement again on the opposite side.
5. Repeat 10 to 12 times (5 to 6 times for each leg) then take a brief rest before doing another set.





Go on a brisk morning walk

If the weather allows, getting outside for some light cardio and sunlight exposure can have both physical and psychological benefits. Regular exercise can help enhance respiratory function and a daily dose of morning light can have a positive impact on your mood, energy, and sleep quality, especially in the winter months when sunlight is in shorter supply.



Finding your **GROOVE** during family-style gatherings

Nothing warms the heart like homemade food with friends and family. But as fun and rewarding as these gatherings may be, they may also make it difficult to stay on track with workout routines and meal plans. Give yourself grace through the holiday season with the understanding that, as long as you're communicating with your care team, a skipped workout and a treat here and there probably won't hurt. If you're concerned about you or your loved one getting off track, think about some fun and creative ways to bring parts of your cystic fibrosis routine to the festivities. For instance:

- Throw on your family's favorite song or search for a "dance hits" playlist on a music streaming platform and have a mini dance party
- Prepare a recipe from [Everyday-CF.com/Recipes](https://www.everyday-cf.com/recipes) for the whole family
- Play the Paper Fortune Teller game on **page 13** of this magazine for more inspiration!





Guatemalan Hilachas

Spice up your next family gathering with this show-stopping stew.

- 1 lb of boneless beef brisket (or flank steak)
- 4 cloves of garlic
- 10 tomatoes, peeled
- 2 onions, peeled and chopped
- 2 red bell peppers or guajillo chilies, deseeded and chopped
- 10 tomatillos, peeled and chopped
- 1 lb of potatoes, peeled and sliced
- ½ teaspoon of sugar
- 1 teaspoon of powdered beef bouillon
- Salt and pepper to taste

1. Place the beef in a pressure cooker set at high pressure (or in a saucepan on the stove on low heat) with 4 cups of water, 2 garlic cloves, and a pinch of salt and pepper and cook for 90 minutes.
2. While the meat is cooking, prepare the vegetables to make the recado (sauce). Once everything is peeled, sliced, and chopped, add the tomatoes, tomatillos, red peppers, onion, remaining garlic cloves, and sugar to a large pot. Pour in enough water to cover them along with some salt and pepper to taste and then bring to a boil until everything is soft.
3. Put all the recado ingredients into a blender and blend until smooth (it should look like a thin sauce). Then, pour it back into the same large pot.
4. Let the pressure release from the pressure cooker and take the beef out of the pot to cool. Set aside 1 cup of boiled water for the stew.
5. Shred the beef into strips using a pair of forks.
6. Add the shredded beef, potatoes, beef bouillon, and the cup of boiled water you set aside to the pot with the recado sauce and cook on low heat for about 10 to 15 minutes.
7. The beef stew will be ready when the potatoes are fully cooked and all the flavors are well blended.
8. Serve with rice.

2 hrs
Cook Time

6
Servings*

285
Calories

27g
Protein

3g
Sugars

12g
Fat

16g
Carbs

105mg
Sodium

*Nutrition values are approximate based on a serving size of 1 cup.

Arroz Con Leche

Curl up with this quick and cozy rice pudding dessert that symbolizes warmth and togetherness.

- ¾ cup long grain white rice, rinsed
- 1 ¼ cups water
- 1 cup heavy cream
- 1 cup whole milk
- ⅛ teaspoon kosher salt
- 1 can sweetened condensed milk (14 oz)
- 1 teaspoon vanilla extract
- Ground cinnamon and star anise to taste

1. Rinse the rice in a mesh strainer until the water runs clean.
2. Add the cream, milk, water, rice and salt to a pressure cooker and stir.
3. Cook on high pressure for 20 minutes and allow the pressure to release before opening the pot.
4. Mix in the condensed milk and the teaspoon of vanilla extract with the rice.
5. If desired, garnish with cinnamon and star anise. Enjoy warm!

35 mins
Cook Time

8
Servings

294
Calories

6.5g
Protein

29g
Sugars

11g
Fat

43g
Carbs

118mg
Sodium



Cooking Tip

No pressure cooker? No problem. To make this recipe over the stove, combine the ingredients in step 2 in a pot, and cook until the porridge is a spongy consistency. Continue the recipe from step 4.





The POWER of PETS

Could animal companions help combat the winter blues?

When dull skies are messing with your mindset, having a fuzzy (or scaly or feathered if that's more up your alley) partner in crime to stay by your side can be just what the doctor ordered.

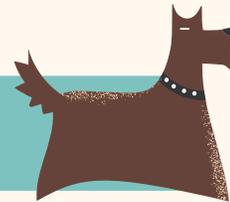
Pets are a big responsibility, but that can actually be part of what makes them helpful to have around. They can be a powerful motivator to get out and walk around on days that you might otherwise be tempted to stay snuggled up on the couch (read up on why taking a daily walk is beneficial for your body and mind on **page 9**). Of course, pets can also be great for snuggling and providing companionship when you're feeling lonely, sad, or stressed out. For folks with a chronic condition like CF, there may even be options to have a companion animal prescribed to you for assistance with emotional needs, medical needs, and daily life. Work with your care team to decide whether an animal companion is right for you.

Service animals are dogs that are specially trained to alert others if you or your loved one are having a medical emergency and to provide practical assistance during everyday life. For instance, they may be able to retrieve medications, let their handlers know if lung irritants are present, or open and close doors. Everybody is different, which means that every service dog will be trained differently depending on the needs of the person they are supporting.

Emotional support animals (ESAs) are animal companions that can be prescribed by a mental health professional or general practitioner to provide support and assistance to individuals who have been diagnosed with a condition that impacts their emotional well-being, like depression, anxiety, or seasonal affective disorder (SAD). Unlike service animals, an ESA does not have to be a dog, but as long as you're not allergic, there can be benefits to having a canine companion.

Among 298 participants from 9 countries in an online survey assessing the benefits of companionship from an ESA-registered dog:

99.29% reported an increased sense of security and activity levels



97.86% reported increased feelings of independence and energy



98.93% reported an increased zest for life



What does your

NEW YEAR'S

future hold?

Use this paper fortune-teller game to determine which mindfulness activities you and your loved one should try out to set yourselves up for success in the year ahead.

NEW

1

 Write down 3 things you're grateful for

2

 Draw a picture inspired by the 5 senses

3

 Create a vision board using this magazine

YEAR

4

 Set 3 new healthy habits

5

 Reflect on something you're proud of

6

 Tell a loved one you appreciate them

7

 Decide on a special dinner recipe

8

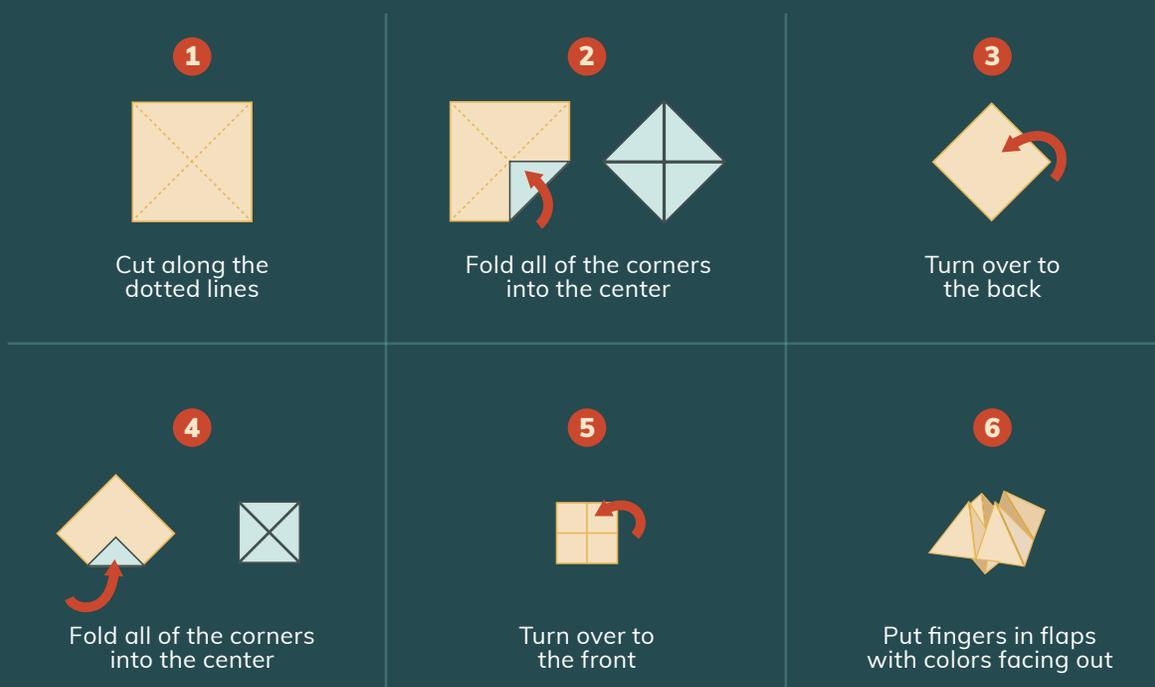
 Fill in the blank! You determine your future!

OF MIND

STATE

Predict your path to mindfulness in a few simple steps

How to fold the paper



How to play the game

Step 1: Choose one person to hold the fortune teller and one person to select the activity.

Step 2: The person holding it should put their fingers in the flaps with the colors facing out while the other chooses a word to spell out. If the word chosen is YEAR, the person holding the fortune teller should spell out Y-E-A-R, moving the flaps for each letter.

Step 3: Next, the person selecting the activity should pick a number from 1 to 8, and whichever number they pick, that's how many times the paper fortune teller should be moved. This step should be repeated 3 times.

Step 4: Once a third number is picked, the person choosing can lift the flap of that number to find out which mindfulness activity they should complete! Feel free to participate in the chosen activity as a group or take on each challenge individually.

Step 5: Have fun!

A New Year of Wellness

JOURNAL PROMPTS TO ROUND OUT YOUR RESOLUTIONS

Overall wellness is influenced by factors across different areas of your life. Your physical well-being is just one piece of a much larger picture that contributes to how you're feeling. As you answer the following prompts in a journal or notebook, consider how different aspects of your life can influence one another and how you could incorporate more balance into your routine in order to uphold a healthy lifestyle around your CF.



BODY

- No matter how big or small, take a moment to admire a physical feat you accomplished this year and think about ways to incorporate more feel-good physical activities into your routine.

- Reflect on a memorable meal you cooked for yourself or your loved one. What made that meal special and how will you incorporate more meals like it in the coming year?



MIND

- How can you bring more intention into your daily routine?

- Write down 3 positive affirmations you can come back to when you're feeling down.



RELATIONSHIPS

- What are some boundaries you have learned you need to set with others and how do you plan to communicate those needs?

- Who are the people you know you can lean on for support? Reflect on how those relationships make you feel.



MILESTONES

- Name one goal you would like to work toward this year and the steps you will take to get there.

- Reflect on changes that you have experienced over the past year and how you were able to adapt to new situations.



WORK & FINANCES

- Reflect on your work-life balance. Do you feel that you are having your needs met in and out of the workplace?

- Browse the Financial Health section of [Everyday-CF.com](https://www.everyday-cf.com) and take note of ways you can seek out financial support.



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