

8 May 2020

### **Be The Elephant**

CFA has increased its focus on Mental Health outreach over the last four years. We acknowledge the deep Mental Health consequences that a lifetime of CF symptoms and treatments can impose.

Over such a long period of time you can't help gathering little tidbits and there is one in particular that I want to share with you. I picked this up from a Mindfulness practitioner who taught seminars on meditation and stress.

Be the Elephant.

The Elephant plods along at a steady pace and takes life step by step. She is strong, but also wise. She can look after her herd mates, but she can also journey long distances into the unknown. And if she is plodding through a dry desert or a raging storm or a dense Indian jungle her plodding pace will remain the same and her focus will stay on the next single step in her journey.

COVID-19 is not exciting news anymore. For many people, familiarity with the threat of COVID has bred restlessness, even contempt. Everyone is stirring and scratching their heads, waiting for the next big change. But life will not snap back to normal. Every journey ever taken was composed of single steps. The CF Community will be safest if we resist the urge to jump the gun.

In the meantime there is no shortage of ways to stay busy. Perx and Beam are at your service, ready to help you fulfil your health goals while in quarantine. The CF ID Card is available right now and there is a variant for transplant patients to make sure that any healthcare professionals treating you can be fully and immediately informed.

Your input is incredibly valuable to ongoing CF research efforts, most notably the ACI Models of Care survey and the (paid) Vertex survey, excitingly codenamed Project Verona.

Here are all the links you need to keep ticking over during the ongoing Lockdown.

Beam: [www.beamfeelgood.com](http://www.beamfeelgood.com)

Perx: <https://perxhealth.app.link/xCbKVnxbsR>

ACI Survey: <https://bit.ly/3b4SywZ>

Vertex Survey: <https://www.surveymonkey.com/r/VertexCF>

CF ID Card: <https://bit.ly/2SlInxAL>

Kind regards



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