



15 May 2020

### STAYING POSITIVE

Starting today, Friday 15 May, I am going to post a positive 'COVID Consequence' every day until Cystic Fibrosis Day on Friday 29 May 2020. Please join me as we draw a silver lining around the dark clouds of this virus and plan a positive future.

Of course we are still very concerned about the health and well-being of our community but I feel as we emerge from 'lockdown' like a butterfly from a cocoon, we should look with gratitude on everything that we have learned and worked for.

Today's positive 'COVID Consequence' is ***'Now that the whole of society has experienced isolation and social distancing, let us hope that it increases our collective empathy for those chronically isolated by disease, poverty or mental illness.'***

The CF lay, medical and research communities have been outstanding in their solidarity and it would be great to bring this to a head for Cystic Fibrosis Day.

I also plan to share our positive 'COVID Consequences' with our politicians and Government Department leaders as we further establish CF as a community that must be supported.

How you can get involved ...

1. Simply give my positive 'COVID Consequences' a thumbs up or down on social media
2. Post your own positive 'COVID Consequences' and let's get ground swell of goodwill happening
3. Share everyone's positive 'COVID Consequences' and let's try and embed these nuggets of unexpected joy in our lives going forward.

As always stay safe, stay positive and stay connected. One way to do this is to join Nathan Charles and the creators of PERX on Consumer Connect at 6.30pm on Wednesday night 20 May 2020. This session will focus on motivation, goal setting and behavioural psychology.

Kind regards

A handwritten signature in black ink that reads "Nettie Burke".

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