

NEWSLETTER

ARE YOUR THOUGHTS DISTRACTING YOU FROM WHAT MATTERS?

All of life happens in the present. This includes reading, studying, working on a project, talking with someone, shopping, eating, and more. When the mind takes over and we start ruminating about the past or worrying about the future, we don't get to fully experience life as it happens. Here's an example:

Two Kids in a Car" (Harris 2009). Two kids in the back of the car, Mom is driving them to Disneyland. Every 5 minutes, one kid says "Are we there yet? Are we there yet? Are we there yet?" Mom is getting annoyed, the kids are frustrated and snapping at each other – it's very tense. The other kid is looking out the window, waving at other cars, noticing animals, towns, and farms as they drive by. They finally reach Disneyland, and both have a great time. The same thing happens on the way home: One kid focuses on the future "Are we home yet? Are we home yet?" and the other kid is in the present, looking and waving. The car breaks down, and they are stuck an hour from home. Who's weekend is wrecked and who has a great weekend?

Five Senses Exercise

Here's a way to help you stay present and enjoy the ride. All that is needed is to notice something you are experiencing with each of the five senses. Follow this order to practice the five senses exercise:

1.) Notice five things that you can see.

Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.

2.) Notice four things that you can feel.

Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.

3.) Notice three things you can hear.

Take a moment to listen and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.

4.) Notice two things you can smell.

Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside, or the smell of a fast food restaurant across the street.

5.) Notice one thing you can taste.

Focus on one thing that you can taste right now, in this moment. You can take a sip of a drink, chew a piece of gum, eat something, or just notice the current taste in your mouth or open your mouth to search the air for a taste. (Linehan, Marsha. (1993). *Skills Training Manual for Treating Borderline Personality Disorder*. Guilford: New York.)

Try it next time you are stuck in traffic and getting annoyed cause you are thinking about where you want to be and not where you are. Or maybe when you are studying and your mind takes you off somewhere else. Or if you are in a store and feel really anxious, rather than leave, try this and remind yourself why you are there and what is important to you.

CO-PRODUCTION INTERVIEWS

The Tucson CF Center staff, patients, and family partners have teamed up to improve patient care, and we're looking for research study participants.

We will be calling randomly selected patients, parents, and teens for a telephone interview about your challenges with routine clinic visits. If you do not receive a call and are interested in participating, please email Amanda Sharpe at ajsharpe@email.arizona.edu. Interviews will be scheduled

at your convenience, and participants will receive a gift card.

An institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.



ONLINE RESOURCES

www.uappc.peds.arizona.edu
The Pediatric Pulmonary Center's website

www.CysticLife.org
A social network for the cystic fibrosis community

www.CFF.org
The Cystic Fibrosis Foundation website

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CF EDUCATION DAY RECAP

By Amy Lucero - A mom of twin boys with CF

The CF Education Day this year had an awesome turnout! There were a lot of highlights. I was able to meet new families and re-connect with many others, which made me feel even more connected to CF families in Tucson from my attendance! The venue was great, and we got to play super fun games outside! I enjoyed hearing Dr. Mark, Dr. Daines, and Dr. Phan talk about what is coming down the drug pipeline, the basics of CF cell/ gene mutations, and nutritional supplements. Additionally, it was eye opening to hear how mindfulness, yoga, and essential oils could help my boys overall health when added to their daily CF regimen. I can't wait to look into these options more, and talk with the team about the possibility of adding some in the near future. Lastly, I was able to talk to many vendors and grab some cool freebies. Who doesn't need extra enzyme pill containers, right?

Overall the CF Education Day left me with such a great feeling of community and excitement for the advancements in the world of CF. Can't wait until next year!