



## Health and lifestyle choices

An essential and rewarding part of becoming an adult is being able to start making your own decisions regarding your health and lifestyle. This may include choices relating to sleep, diet, smoking, vaping, drugs, alcohol, and relationships. All young adults will need to make decisions on these things at some point, however, living with cystic fibrosis requires you to also consider your individual healthcare needs.

Taking ownership of your identity is one approach that can help when making decisions that may impact on your immediate or long-term health. This simply means knowing who you are and what you stand for, which can give you the confidence to make choices you are 100% comfortable with. Another approach is finding your own unique motivation to stay well, this may include being able to participate or compete in sports, go travelling overseas, start your own business, continue your hobbies, undertake full time work, or further education, participate in cystic fibrosis research or future family planning. The most important aspect when making decisions as an adult is that you are aware of the consequences and understand your individual responsibilities.

*"I think that's something that was a benefit during transition, is the ownership that I took of my own identity. I am a fit person, I am a healthy person that exercises, these things are what define me and my identity, and I lived into that!"*

*- Adult living with cystic fibrosis.*

### To do:

- ☐ Think about who I am, what I stand for and what I believe in.
- ☐ Speak to others I trust to seek different perspectives on different lifestyle choices.

- ☐ Speak to my cystic fibrosis clinical care team regarding how the use of drugs and alcohol may affect my short and long-term health.
- ☐ Write down some goals I would like to try and achieve in the next 1 - 5 years.
- ☐ Write down aspects of the lifestyle I would like to create and the choices I might need to make to achieve it.
- ☐ Find the information I feel I need, before making any big decisions.

*"I guess that is something that I would say to young people is try to maintain your health. There is all this research in cystic fibrosis, and you don't know what is around the corner, so you need to stay healthy"*

*- Adult living with cystic fibrosis.*

## Knowledge check!

### I know and understand...

- ☐ The importance of self-identity and making decisions that align with my beliefs.
- ☐ The importance of thinking about and planning for my future.
- ☐ Talking to others that I know, and trust, may help with decision making.
- ☐ How the use of drugs may affect my body (now and in the future).
- ☐ How the use of alcohol may affect my body (now and in the future).
- ☐ How to prioritise my health to achieve goals and create the lifestyle I desire.
- ☐ Where to go for help if I need further assistance or more information.