



09.22.23

# This Week in Wellness

## Intellectual Wellness and Emotional Wellness

### Ways to grow intellectual wellness:

1. Travel/learn about a new culture
2. Picking up a hobby
3. Get involved in the community
4. Reading for pleasure
5. Be open-minded

Wellness looks different for everyone depending on a multitude of things, and this week we are focusing on two domains of wellness: intellectual and emotional.

Intellectual wellness is achieved through engaging in creative and mentally stimulating activities. Someone who has high intellectual wellness has a desire for learning and demonstrates curiosity throughout their entire life. A common misconception is that this is specific only to academia, however, it can be developed other ways. It's really all about expanding your knowledge and skills and then sharing that knowledge and those skills with others.

### Ways to grow emotional wellness:

1. Sharing your thoughts and feelings.
2. Practice gratitude
3. Seeking or accepting help and support from others
4. Get quality sleep
5. Practice mindfulness

Emotional wellness is about growing your awareness of your feelings and reactions to everyday life. When it is nurtured, you can better understand why you are feeling the way you are and can actively respond to your feelings. It's important to stimulate this type of wellness as your feelings impact how you carry yourself, your relationships, and your overall mental health.

Now that we've established what intellectual and emotional wellness is, check out the boxes to find examples of how to develop each or click [here](#) to learn more about the types of wellness.

# Events: Upcoming & Ongoing

**The Hike scheduled for Sept. 23 has been cancelled due to inclement weather.**



**Managing Stress in the Moment:  
Strategies for Staying Cool Under Pressure**  
Wednesday, September 27, 12:05 – 12:50 pm

**Location: Med Ed Room 812**

[Link for sign up and lunch selection](#)

Stress is a part of everyday life as a student. In this interactive lunch and learn session, we will discuss the stress response and how to manage stress using simple mindfulness skills that you can use anywhere, anytime. Lunch is provided and registration is required.

## **Yoga at the Dental School**

**Taught by Dr. Pastan**  
Wednesday, September 27, 4:30 – 5:30 pm

Alumni Lounge (Rm 1514), 1 Kneeland Street  
**All** students are welcome



**Yoga and Lunch to Go --  
Registration Required! Sign up**  
[HERE!](#)

**Tuesday, September 26, 12:00 –  
12:45, Posner Lounge**

Vito is back to lead students in gentle and restorative yoga this semester! Click [here](#) for the Fall Yoga series flier with the dates and times for the whole semester.

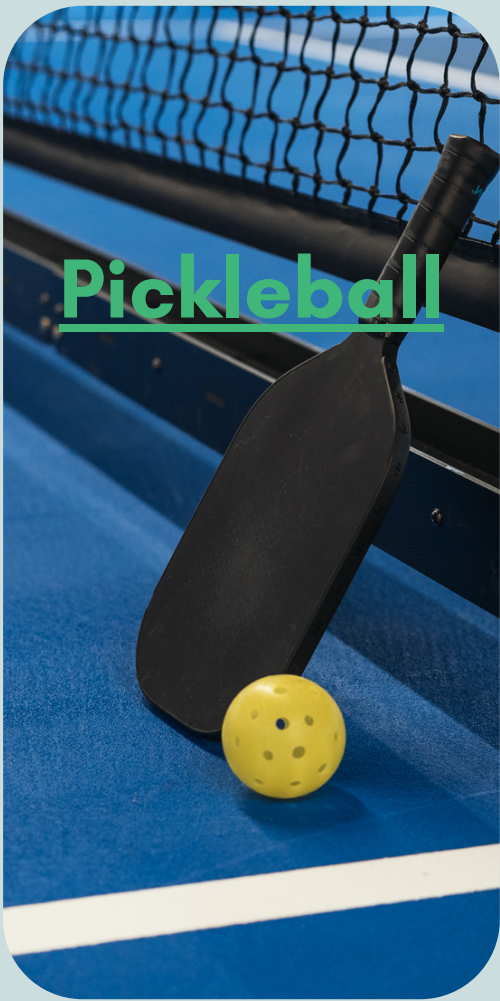
## **Time for Pause: Mindfulness-Based Stress Management**

**Thursday, September 28, 12:15 – 12:45 pm**  
Office of Student Wellness and [Zoom](#).

Join Jen from the Office of Student Wellness for a weekly exploration of mindfulness and its stress management benefits. Click [here](#) to see the flier for the full series.

**Apple Picking at Honey Pot Hill**  
**Saturday, October 7**  
**Sign up [HERE](#)**

Join us for a New England fall tradition! Pick your own apples and enjoy delicious fresh cider donuts!



Are you a pickleball player or someone looking to add a new hobby to your exercise regimen? Pickleball is all the rage right now, and we have the scoop on it all, including finding court spaces, renting paddles and balls, and joining a league! Check out our [flier](#) for more information.

## Community Corner



### What the Fluff? Festival 2023

Come celebrate the invention of Marshmallow Fluff in Somerville. The festival will feature live music, sticky games, different fluff-based treats, and more. Take the Green Line and walk throughout Somerville's Union Square to witness the magic of fluff.

This free event takes place on Saturday, September 23, from 3-7pm. So, grab a friend and come on down for a fluffing good time.

# Community Corner

## Meet our new Student Wellness Advisor, Ali Melchionna!



Hi all! My name is Ali and I'm the new student wellness advisor here in the office of student wellness. I graduated from Ithaca College with a Bachelor of Music degree and Salem State University with a Master of Social Work, and I am a licensed certified social worker (LCSW) in Massachusetts.

I have experience working in various settings and with different populations, including both schools as well as in- and outpatient treatment settings. Most recently, I worked in a facility providing treatment to individuals experiencing

eating disorders and other various mood disorders. I'm especially interested in and passionate about working with young adults undergoing life transitions and supporting individuals in mobilizing their internal and external resources to reach their full potential- both in their professional and personal lives! Having worked in the field myself, I know how important it is that healthcare professionals attend to their own mental health and well-being in order to provide the best care possible for others; When I'm not working, I enjoy spending time with my family and friends, going to concerts, reading mystery novels, and going on runs- I'm currently training for my first marathon, so if anyone has tips or advice, I'd love to hear them! I've found that having goals and aspirations outside of work has been a powerful way for me to nourish my own mental health.

I'm eager to get to know you all- meeting the students here is what I'm most excited about in this new role! I'll be around campus and in office, so please stop by and say hello or sign up with an appointment with me! You can reach me at [alison.melchionna@tufts.edu](mailto:alison.melchionna@tufts.edu).



# BE-FRIEND



Be Yourself. Go Deep. Be Friend.

This semester-long interfaith friendship project is designed for participants to go deep and to talk about the things that matter: our values, our sense of purpose, and our questions about life.

Undergraduates, graduate students, staff, faculty, and alumni and are all invited to participate.

Contact Chaplain Lynn Cooper to sign up or learn more.

Starts the first week of October.



# Nourishment

In celebration of National Hispanic Heritage Month taking place from September 15 to October 15, check out these Hispanic or Hispanic-inspired meals.



## PERUVIAN CHICKEN BOWL

This nutrient dense meal is a great Sunday prep meal! It's packed with both protein and vitamins as well as taste to satisfy your mid-day hunger or your late-night study-break. Prepare it in advance using this [recipe](#) and heat them up individually for a great meal no matter the time!



## SPANISH POTATO OMELETTE MUFFIN

Running behind and need a grab-and-go breakfast snack to eat on your way to class? Look no further than these portable egg cups. Combining vegetables, eggs, and goat cheese, this [recipe](#) can be frozen and then reheated in order to start your morning off on the right foot.

Looking for a favorite recipe from a past issue or something new to try? Click [here](#) to check out our Recipe Archive!



# Office of Student Wellness FAQ

## **Where is the Office of Student Wellness?**

We are located on the 3rd floor of 200 Harrison Avenue (Posner Business). Use the door at the top of the ramp and take the elevator. You will need your ID to access the building.

## **How do I reserve one of the community rooms in the Office?**

Please send an email to [studentwellnessadvising@tufts.edu](mailto:studentwellnessadvising@tufts.edu) with your request to reserve the Quiet Space or Multipurpose Room. For more information, check out our [flier](#).

## **Where can I find previous issues of the newsletter, the recipe archive, an events calendar, and other wellness resources?**

We're glad you asked! We now have a Canvas course where you can find all of this and more. New material is added weekly. To be added to the course, click [HERE](#) and enter your Tufts email address.

# Wellness Support

**The Office of Student Wellness** continues to be a friendly and accessible hub of support for all students on the Health Sciences Campus. We work with all students to offer practical approaches to manage everyday stressors and challenges.

## **Some of the services offered include:**

- A. Confidential and private wellness advising
- B. Triage and referral to psychiatrists and clinicians/therapists as needed
- C. Works with students to find a Primary Care Physician (PCP) in the Greater Boston area

Snaggs is available to talk with you by Zoom, telephone, or in-person. **To schedule an appointment, use [this link](#)**, or send an email to **[Sharon.Snaggs@tufts.edu](mailto:Sharon.Snaggs@tufts.edu)**.

## **Student Wellness Advisory Committee:**

The Student Wellness Advisory Committee (SWAC) acts as a liaison to the Student Wellness Advising Office. SWAC is comprised of a diverse group of student volunteers from all programs on the Boston Health Science Campus. Contact your SWAC members **[here](#)**.

## **TalkOne2One:**

Tufts recognizes the importance of easy access to confidential mental health counseling. Counselors are also available by phone for urgent issues. Please call 1-800-756-3124 - there's somebody to talk to 24/7/365 days a year. To schedule an appointment only, email **[tuftscounseling@allonehealth.com](mailto:tuftscounseling@allonehealth.com)**.

## **Tufts University Chaplaincy:**

If you would like to meet with one of the Tufts Chaplains, please use this [link](#) to contact them. We are happy to provide space in our Office for you to meet.

## **Have a question or comment?**

Please reach to us with any questions or comments about the services we offer: **[studentwellnessadvising@tufts.edu](mailto:studentwellnessadvising@tufts.edu)**.



Be sure to follow us on Instagram!  
**[@tuftsstudentwellnessadvising](#)**