

09.08.23

This Week in Wellness

Get to Know the Domains of Wellness

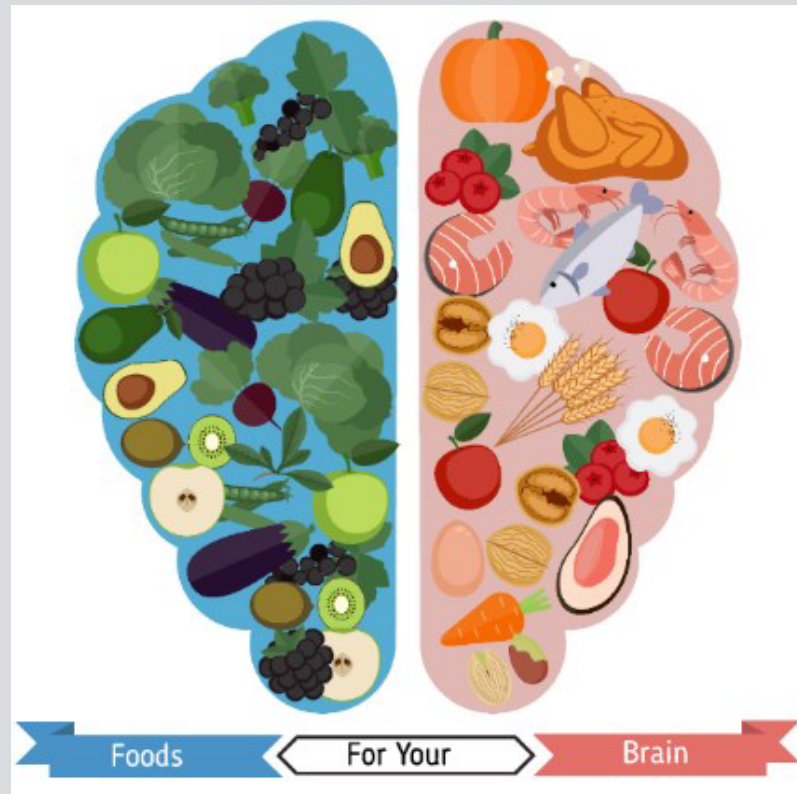
The **Wellness Wheel** is a popular way of visualizing the domains of everyday life that we aim to keep in balance to stay healthy on a holistic level. By tending to all aspects of our well-being, we improve our resiliency in the face of ever-present change. YOU are at the center of this wheel! Learn more about the eight domains by joining our Canvas page!

Every new academic year brings an opportunity for renewal and reflection on our current habits. As you start a new educational or career journey, or a new year in the path you've chosen, consider how you can make small changes in the 8 areas of wellness to improve your overall well-being. This Week In Wellness will feature tips keyed to the wellness domains throughout the coming year.





Healthy eating is a key aspect of physical wellness. What you eat is incredibly important to your overall health, functionality and performance in school. Good nutrition is more than sustenance, it is all about keeping your energy and ability up! To accomplish this, we suggest investing in a slow cooker or a crock pot to save prep time on the weekends, as well as preparing your food at the start of each week and using leftovers from those meals to feed you throughout the week.



Grocery Staples to Fuel Your Brain:

- Bananas, blueberries (B Vitamins) and colorful fruits and vegetables (antioxidants)
- Nuts, seeds, and natural nut (peanut, cashew, almond) butters (Healthy Fats and B-Vitamins)
- Fatty Fish such as tuna and salmon (Omega-3 fatty acids) and other lean protein (High-satiety food that will hold your focus)
- Complex carbohydrates such as whole grains, brown rice, oatmeal, and quinoa, are better than sugars and white bread at sustaining energy for long periods of time. Try adding oatmeal or whole grain toast with peanut butter at breakfast to keep you fueled throughout the day.
- Leafy Greens such as spinach or kale
- Dairy products such as low fat cheeses, Greek yogurt, skim/soy/almond/coconut milk
- Healthy fats such as olive oil, coconut oils, canola oil, avocado
- Dark chocolate in moderation (antioxidants)
- Green Tea (in moderation)

Office of Student Wellness News

WE'RE ON CANVAS!

We are excited to announce that the Office of Student Wellness now has a Canvas course site! We aim to make this a one-stop site for reliable information related to all domains of wellness, a calendar of events, sign-up links for activities, content we have created just for our students, and the newsletter recipe archives. New material will be added weekly.

To be added to the course, please scan the QR code or click to the right or click [HERE](#) and enter your Tufts email address.



NEXT WEEK'S EVENTS AND SIGN-UP LINKS!

Yoga and Lunch to Go -- Registration Required!

Sign up [HERE](#)!

Tuesday, September 12, 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 14, 12:15 - 12:45 pm

Office of Student Wellness and [Zoom](#). Sign up [HERE](#)!

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.



Community Corner

We enjoyed chatting with all who came by this week to enjoy snacks, check out our new office, and paint the wall of our community room! There is plenty of empty space left for you to stop over and make your mark!



Community Corner

Friday's hot sticky weather made it a great day to stop by to enjoy a scoop of ice cream or handmade ice-cream sandwich from Treadwell's!



Community Corner

What's happening in Boston this Weekend?

The Boston Calendar is a great place to start when looking for things to do in the city and surrounding communities, especially FREE events.

Bookmark this [link](#) and check weekly to see what's happening!

Here are a few picks for the upcoming weekend:

JP Music Festival, Saturday, September 9, 12:00 - 7:00 pm.

Pinebank Baseball Field, Jamaica Plain

20+ bands. 8+ food trucks. Amazing live music. Tons of friends. Many laughs. Usually 1 horse. Dogs are welcome. Bring your water bottles!

Boston Arts Festival, Saturday and Sunday, September 9 & 10

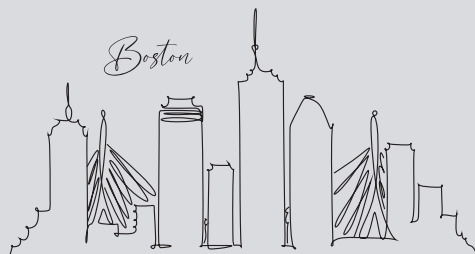
Christopher Columbus Park

This free event will feature more than 70 juried local visual artists, craftspeople, and local musicians performing on the Waterfront Stage throughout the day.

Open Newbury Street, Sunday, September 10

Newbury Street, Boston's Back Bay

Newbury Street is a mile-long, eight-block stretch of shops, salons, galleries and restaurants. This famous Boston street becomes a pedestrian-only walkway on Sundays in the summer. The street is closed to vehicles to allow pedestrians the opportunity to use the full width of the street, from Berkeley Street to Massachusetts Avenue.



Nourishment

WEEKLY MEAL PREP

Look after your physical wellness and save time by preparing healthy meals at the start of the week! Follow these **guidelines**, courtesy of Damn Delicious.net, to build meals that meet your personal dietary needs and preferences.



TUNA SALAD MEAL PREP

Tuna and salmon are great “brain foods” because they have healthy Omega-3 fatty acids. This meal prep recipe also uses Greek yogurt for lower fat and increased protein.



Looking for a favorite recipe from a past issue or something new to try?
Click **here** to check out our Recipe Archive!



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**.

Student Wellness Advisory Committee:

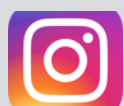
The Student Wellness Advisory Committee (SWAC) acts as a liaison to the Student Wellness Advising Office. SWAC is comprised of a diverse group of student volunteers from all programs on the Boston Health Science Campus. Contact your SWAC members **[here](#)**.

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**.

Have a question or comment?

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



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