

11.3.23

This Week in Wellness

Coping with Daylight Savings

Quick strategies and tips for taking care of yourself in the winter months:

1. Spend time outside in the morning or at midday.
2. Use caffeine wisely.
3. Don't rely on alcohol or mind-altering substances to help you sleep.
4. Try to have a consistent sleep schedule.
5. Dim the lights an hour or two before bed.
5. Create a "cope-ahead" plan where you create strategies and interventions when you see yourself struggling.

This time of year, the change of clock is the end of Daylight Saving Time. It is not so much a concern for sleep loss (most people get a bit of extra sleep because we "fall back" in November), but people notice the change in light as the evening darkness starts earlier. This is coupled with shorter days in general and can affect mood. Here are some tips and strategies to help you navigate this period.

Expending energy creates more energy in the body, and 150 minutes of exercise equals better sleep quality. Although the shorter days and cooler temperatures can make it harder to fit in an outdoor workout, keep in mind that short bouts of activity are just as helpful as long ones. The key is to just keep moving and before you know it, spring will be here.

Sleep is key to maintaining both mood and motivation. Only 5% of people are actually wired for 6 hours of sleep per night. Sleeping 8 or more hours at night is so important and has many benefits for health.

If you want more information, check out this [website](#).

Upcoming Wellness Events

An Honest Lunchtime Conversation on Self-Care and Self-Care Culture

On November 7 from 12:00-12:45, Jacie, the OSW social work intern, will be hosting a group discussion on reframing self-care into a more realistic and attainable concept. Don't feel like you have any sense of self-care? That okay! Come to the OSW multi-purpose room and learn some new ideas and practices that can be implemented in minutes. Sign up [HERE](#) to attend and pick out your meal for this lunchtime conversation.

Get up and get outside and participate in our virtual 5k. You can run or walk the 5k from November 10-12. Sign up [HERE](#) to participate and record your time

Veteran's Day Virtual 5k

The Power of Journaling for Mental Health

Join us for this workshop on Thursday, November 9 to learn more about how keeping a journal can be a powerful tool for reflection, self-exploration, and healing. The event will take place in Med Ed Rm 218 from 4:30-5:30pm. This workshop is offered in collaboration with Dental Peer Advisory.

What's My Why? Living Contemplatively in a Fast-Paced World

Reverend Bell and Muslim Chaplain Najiba Akbar will be available to meet with students 1-4pm on 11/13 in the OSW (200 Harrison Ave, 3rd floor)

The University Chaplaincy and Office of Student Wellness invite you to a lunch gathering on Monday, November 13 about contemplative practices that keep us rooted in a fast-paced world. Muslim Chaplain Najiba Akbar and Protestant Chaplain Dan Bell will offer reflections based on their traditions. Students will then have the opportunity to reflect on their own practices individually, followed by small group conversations. The event will run from 12:00pm-1:00pm in Med Ed Rm 221 Please RSVP with your contact information and dietary needs [HERE](#).

Step Challenge

Congrats to all Step Challenge Participants!
Together, you have taken 9,709,361 steps!

Congratulations to Winners from Week 4:

Week 4:

Amelia Harvey (Medical-Boston)
Amanda Pomeroy (Medical-Maine)
Jesus Tamez (Dental)
Sylvia Kimpton (MBS)
Kaleigh Conway (GSBS)
Abby Lemmons (GSBS)
Mellany Bach (Dental)
Kayla Green (Dental)
Victoria Morga (DPT-Phoenix)

*****Winners--an email will be sent at the end of the challenge with notification to claim your prize*****

There's still time to participate in our Step Challenge for week 5!

Sign up [**HERE**](#) to participate and track your steps.

Ongoing Wellness Events

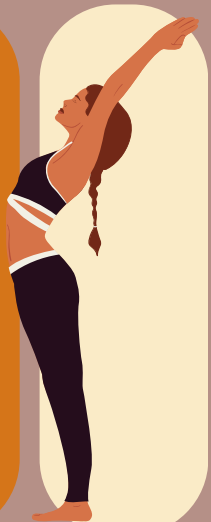
Time for Pause

Thursday, November 9 at 12:15 - 12:45
Office of Student Wellness and
Zoom.

Take a mini-break and join us for the Mountain Meditation, a classic guided imagery meditation that will ground and inspire you.

Evening Yoga with Vito

Tuesday, November 7 at
5:00pm
Posner Lounge



Yoga and Mindfulness for the Week



Study breaks are even better when they include both dogs and food. Hope everyone enjoyed our Wellness Gathering on Monday.

Community Corner

Fleurs de Villes 'VOYAGE'

Interested in seeing a new type of art style? The Prudential Center is hosting a free art display from November 2-6. This travel-theme showcase features 16 floral mannequins. The best part? The mannequins were all created by Boston's talented florists. Each artist was inspired by cultures, people, and heritages from around the world, creating a beautiful cultural storytelling experience. Click [HERE](#) to get more information and learn more about this amazing art display.



Free Events Happening in Boston

Boston's best free show

Comedy

@ KING'S

with performers from

NETFLIX • HBO • COMEDY CENTRAL

50 Dalton Street, Boston, MA (Back Bay)
RSVP @ linktr.ee/boscomedyshows

In Boston's Back Bay neighborhood is a weekly comedy show with top tier performers. Come out this Sunday, November 5, for a great show and to soak up the last minutes of the weekend.

Get both a great meal and a great show in all at one place.

Doors open at 6:30 with limited seating, so check out [HERE](#) to reserve tickets for you and your friends!

Boston's Comedy Show at King's

For more free happenings in Boston this weekend, check out this [LINK](#).



Nourishment

BUTTERNUT SQUASH MAC & CHEESE

This **recipe** is great fall comfort meal during the week. Mac & cheese is already a great homecooked meal, and this recipe improves the classic with the addition of butternut squash, which is filled with immune-boosting antioxidants and satisfying fiber. Use a whole squash if you feel like going the extra mile, but you can also use a can of pureed butternut squash. Add some bacon or sausage for extra protein or leave it as is for a vegetarian option.



PUMPKIN PANCAKES



For another way to add the same valuable nutrients to a classic meal, try out this **recipe** for pumpkin pancakes. What's great about these is that you can make a whole batch, freeze them, and heat them up in the toaster throughout the week for a fall breakfast. It's also super simple to make, just whisk the ingredients together before cooking the pancakes on the stove!

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 with your request to reserve the Quiet Space or Multipurpose Room. For more information, check out our [flier](#).



Need a pick-me-up?

Stop by the Office of Student Wellness for snacks and coffee/tea!



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 with all of this and more. New material is added weekly. To be added to the course, click [HERE](#) and enter your Tufts email address.

I hear you have pickleball paddles I can borrow. How do I do that?
Check out our [flier](#) for more information.



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.

Our services 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 and Ali are available to talk with you by Zoom, telephone, or in-person.

To schedule an appointment, with Snaggs use [this link](#), or send an email to Sharon.Snaggs@tufts.edu.

To schedule an appointment with Ali, use [this link](#), or send an email to Alison.Melchionna@tufts.edu.

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.

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.

OSW's Social Work intern this year is Jacie Van Wyk who is currently attending Boston College for clinical social work. Email her at jacie.van_wyk@tufts.edu for any questions, concerns, or contributions for the newsletter!



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