



11.9.23

This Week in Wellness

Vitamin D for Darker Days

As the days get shorter and sun sets sooner heading into winter, we may find it harder to synthesize Vitamin D from the sun. In Boston, due to the city's northerly latitude, the sun is not high enough in the sky between November and March to supply enough ultraviolet-B radiation to support Vitamin D production in our skin. For those of us who live in other locations, the short days alone may make it hard to get out in the sun.

Vitamin D is important for bone health because it facilitates the absorption of calcium and phosphorus. While most of us think of older adults when it comes to brittle bones, peak bone density is built during our twenties. Adequate Vitamin D intake also supports a healthy immune system, which is particularly desirable during winter when the weather keeps us indoors and exposed to a bevy of viral infections.

If you live in a latitude south of Boston or will be spending winter break in a more southerly locale, by all means, get outside and take in at least 15 minutes of sun each day! For those of us staying in the northeast, here are some tips for boosting your vitamin D during the darker months:

Vitamin D occurs naturally in fatty fish, like salmon, mackerel, and sardines.

Many dairy products are fortified with vitamin D. If you consume plant-based milks, check to see if they are fortified.

Mushrooms that have been exposed to sunlight or UV-B radiation can also provide plant-based vitamin D!

Upcoming Wellness Events

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

Monday, November 13, 12:00 - 12:45, Med Ed 221

Please RSVP with your contact information and dietary needs [HERE](#).

The University Chaplaincy and Office of Student Wellness invite you to a lunch gathering and discussion 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. 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).



Gratitude Tree & Pop Up Tea

Tuesday, November 14, 3:00 - 4:00

Med Ed 4th floor near the Library
Main Desk

Take a study break and join us outside of Med Ed 403 for tea and a snack. While you are there, share what you are grateful for by adding a leaf to our gratitude tree!

Introduction to Tai Chi

Thursday, November 16, 5:15 - 6:00

Posner Lounge

Sign up [HERE](#)



Tai Chi is an ancient practice often described as meditation in motion. Regular practice promotes mindful awareness, improved posture and body sense, and active relaxation.

This session will cover the basic principles of Tai Chi and a short set of Tai Chi exercises that can be done in even the smallest spaces.

Beginners are welcome!

Step Challenge

A friendly reminder that this is the final week of this fall's Step Challenge! Please make sure you log all your steps for Week 5 [here](#) by the end of the day, Monday, November 13.

Our final week of winners will be announced in next week's newsletter along with our Virtual 5K winners.

All winners will be contacted by email at the end of the challenge with information about how to claim your prize.



Virtual 5K

Lace up those sneakers and head outside for a 5K walk or run over the Veteran's Day weekend!

Log your results [here](#)!

We will randomly select winners from all who complete the 5K, regardless of time.



Ongoing Wellness Events

Yoga and Lunch to Go!

**Tuesday, November 14, 12:00 -
12:45 pm**

Posner Lounge

Sign up [here](#) to select your lunch!

Time for Pause

Thursday, November 16, 12:15 - 12:45
Office of Student Wellness and
Zoom.

Join us this week for loving-kindness meditation.

JUST
breathe

Community Corner

Students Enjoy an Honest Conversation about Self-Care

On Tuesday, 14 students from different programs gathered in the multi-purpose room in the Office of Student Wellness with Jacie, this year's social work intern, to discuss honest self-care, self-care culture, and what that looks like for busy students. They started by discussing research on the benefits of making one's bed in the morning as a means to help increase productivity and feel a sense of accomplishment before the day even gets going. They also explored what self-care really looks like in a busy schedule, and value of the small acts of self-care that fit into whatever time you have and improve your mindset, attitude, and mood.

Participants also contemplated five self-care myths perpetuated by self-care culture. They pulled from their own experiences, earlier discussions, and a more realistic mindset surrounding self-care. Check out the Office of Student Wellness's Instagram post for Wellness Wednesday this week to see the myths and what the students decided is the truth.

The students and Jacie learned a lot from each other and look forward to continuing the conversation about honest, realistic self-care.



Holiday Market at Snowport



Starting this Friday, the Seaport District is transformed into “Snowport,” featuring a Holiday Market, food and drink, curling lanes, and fun for the whole family.

**100 Seaport Boulevard,
Boston, MA**

Monday-Thursday: 3:00pm -
8:00pm

Friday-Saturday: 11:00am -
9:00pm

Sunday: 11:00am - 8:00pm

Free Events Happening in Boston



Celebrate the 50th anniversary of Hip Hop with artist and singer Jazzmyn RED. Jazzmyn will discuss MC writing techniques, instrumental visualization, and how to find your flow. Participants will write their own 16 bars (16 counts of 4) to perform for the group.

Harvard Art Museums

Sunday, November 12, 1:00 - 3:00 pm

The workshop is free, but registration is required.

**Hip-Hop Experience Workshop:
The Art of 16 Bars**

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

Nourishment

CRISPY SALMON CAKES

Canned salmon is a less expensive option as a source of vitamin D. Just make sure the label identifies it as Alaskan pink salmon, sockeye, or red salmon, which means it is wild-caught and ethically sourced. This [recipe](#) uses canned salmon to produce easy and flavorful salmon cakes that can be served alongside the cucumber salad in the recipe, or any green salad. Leftover salmon cakes are great for a quick breakfast or lunch.



SPINACH AND MUSHROOM QUICHE



This crustless, gluten-free [quiche](#) is a great option for ovo-lacto vegetarians looking ways to get vitamin D from food sources. Eggs are a high-quality source of protein and vitamin D. Check your mushrooms to see if they have been exposed to UV-B, which means they will also contribute to your Vitamin D intake. Enjoy this quiche for Sunday brunch and leftovers on the days that follow.

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



New Service Available

To provide you with the additional support and care you need due to the current situation in Israel and Palestine, Tufts University is partnering with Empathia, a global leader in crisis management, counseling, and intervention, to offer virtual individual counseling sessions for health sciences students. ***This service is a pilot program that went into effect on Thursday, November 9, 2023 with plans to run until December 31, 2023.***

Sessions will be available in 15-minute blocks weekday evenings from 5:00 to 8:00 p.m. Please use this [link](#) or the QR code below to register for ***one, or two consecutive***, individual sessions with an Empathia counselor. Please note, both the link and QR code are for all health sciences students. **All sessions are fully confidential, and no personal information will be shared without your permission.**

We are here to support you in any way you need as you navigate this challenging time. If you have questions or concerns about this service or anything that is impacting your well-being, send an email to sharon.snagg@tufts.edu or alison.melchionna@tufts.edu.



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](https://www.instagram.com/tuftsstudentwellnessadvising)