



## Healthy Eating Strategies on the Go

Regardless of which school you call home, it's likely that your stress levels have recently increased or you anticipate that they will very soon. Healthy food is important to both physical and emotional wellbeing. Focusing on whole foods that are nutrient dense supports a healthy digestive system, which may also help improve immune function and emotional regulation.

During this especially busy season, set yourself up for nutritional success by taking some time over the weekend to plan and prepare meals for the week ahead. Doing so means you will have one less thing to be stressed about and helps you reach for food that provides sustained energy for your busy days.

**This Wednesday**, join us for **Breakfast and Lunch to Go** to get a hands-on meal prep experience. You will learn the art of layering a mason jar salad that keeps lettuce and crunchy vegetables crisp without sacrificing the flavor of dressing and moisture-rich ingredients. We will also provide an overnight oats station so you can mix up breakfast to take and refrigerate for the following morning.

Meal prep is more than mason jar salads and overnight oats, however. It is also planning ahead by making a larger batch of soup, stew, or baked dish to portion out to eat over the coming days or stash in the freezer for the next busy week. If you need some fresh ideas for meals, you can check out the Nourishment Recipe Archives at this [link](#), or in our Canvas course. We always choose recipes that are adaptable for many dietary needs, reasonably easy to make, and that make enough for more than one meal.

# Fall into the Coming Week's Wellness Events

## Time for Pause Weekly Mindfulness Practice

**Monday and Tuesday, October 21 & 22, 12:00 - 12:45 pm, Med Ed 852**

The 6-week Time for Pause series wraps up its first run on Monday, but Time for Pause is here to stay and open to all who wish to join us for a weekly mindfulness-based practice. Monday's session will be a Contemplation practice to support you during challenging emotional times. Tuesday's meditation focus is TBA--you can read about the different options and vote for your choice when you sign up [HERE](#).

## 10 Minute Chair Massages

**Tuesday, October 22, 10:00 am - 2:00 pm, Office of Student Wellness**  
**Sign up for your slot [HERE](#)**

Chair massages are back! In just ten minutes, you will feel refreshed and ready to tackle your next class or item on your to-do list. This is a very popular event and space is limited!

## Breakfast & Lunch to Go

**Wednesday, October 23, 12:00 - 2:00 pm, Med Ed 114**

**Bring your own single-serving containers to build a salad and/or Overnight Oats, or purchase Mason Jars for \$1-2 each by clicking [HERE](#)**

Join us for a celebration of preparation! Build a layered salad featuring a range of vegetables, beans, seeds, and cheese. Then visit the overnight oats bar to mix up yogurt, plant-based "milks," and fruit for the next day.

But wait, there's more! The TUSM Dermatology Club will be on hand to help you make face masks with everyday ingredients to prepare for the drier air of New England winters.

To make this event extra special, **several talented student musicians from our community will perform**. If your schedule allows, plan to pull up a chair and enjoy your lunch with musical accompaniment.



## Make your Own Face Mask

**Wednesday, October 23, 12:00 - 2:00 pm, Med Ed 114**

As the cold winter months approach, its more than just gloves and coats that you need to layer up on. The harsh winter winds and low humidity levels result in dry air, which can draw moisture out of your skin. If not taken care of, dry skin can then lead to cracking, which can allow germs through the skin, resulting in an infection. To avoid chapped lips and flaking skin this winter, it is very important to keep your skin moisturized with a comprehensive skin care regimen. Homemade hydrating masks are a great way to give back moisture to your skin in the winter months. They are gentle on the skin, free of any harsh chemicals, and use ingredients that are readily available in your pantry. **Join us at our Face Mask Event on October 23 between 12:00 - 2:00pm pm in Med Ed 114**, to learn how to use natural moisturizing ingredients like avocado, bananas, honey and yogurt to create face masks for lasting hydration!

## Evening Yoga

**Wednesday, October 23, 5:00 - 5:50 pm, Posner Lounge**

Sign up [HERE](#)



## How to Do Nothing: A Digital Detox Mini-Retreat

**Saturday, October 26, 10:00 am - 1:00 pm, Office of Student Wellness**

Learn more and sign up [HERE](#)



Join us for this special opportunity to unplug and recharge by stepping away from our screens and tuning in to our five senses. The event begins with a mindful snack, followed by a hands-on craft and a nature walk, and concludes with lunch and a discussion.

*"I enjoyed every moment of the retreat. It allowed me to intuitively look inward and be present. I particularly enjoyed the craft. I don't get many opportunities to be creative."*



# Community Corner: Apple Picking Edition



# Happenings in and around Boston

## Howl-O-Ween at Peters Park

Saturday, October 19, 9:00 am - 1:00 pm

Peters Park in the South End



Dress up your pets in their cutest or scariest costumes and head to the South End or just come to enjoy watching the costume contest! You'll also find products from pet friendly vendors, a pet costume contest parade, dog friendly pumpkin spice lattes, and more!

## Head of the Charles Regatta

October 18 - 20

Charles River, Cambridge



So, if you thought apple picking was quintessential New England, go check out the Head of the Charles Regatta, the world's largest 3-day rowing competition attracting 400,000 spectators, 11,000 competitors and 2,400 volunteers. While it is a free event, there are a myriad of food and beverage options along the river. Whether cheering on your college or an Olympian, public transport is the way to go. Get off at Red line Harvard Sq or Green B Amory Street. [More information is on their site.](#)

## Sunday Snacks in Southie

[Fat Baby Sushi & Cocktails](#) may be the juiciest spot at which to wrap up the weekend, thanks to their tasty Sunday Snack specials. Every week you can keep the scaries (and the hungries) at bay with \$1 fried dumplings (pork or veggie), \$1 wings and a heaping plate of waffle fries (a sharing-sized order) topped with fresnos, togarashi & housemade sriracha cheese sauce for \$14. The playful, Asian-American bar and restaurant in Southie has an exhaustive amount of brothy, noodly, cooked, raw, and vegetarian deliciousness, all of which pairs nicely with their wide array of cocktails. Post up in the dining room and graze away (this deal is dine-in only). [Book your seat online](#) or call 617.766.3450 with any questions.

Click [here](#) to find more free events in Boston this weekend!

# Nourishment

## Veggistrone

Making soup is great because it meets several of your needs at once. This recipe incorporates vegetables which provides several nutrients and items easily found at the grocery store. Make sure to read through the article to learn about storing methods and substitutions.



## Black Bean Brownies



**Trick AND Treat! These brownies include a protein without compromising on flavor. Ingredient and dietary substitutions are listed, most of which are common pantry items. A blender or food processor is required.**

**Check out this link from Damn Delicious for meal prep ideas beyond the mason jar salad!**

Looking for a favorite recipe from a past issue or something new to try?

Click [here](#) to check out our Recipe Archive!

Have a great recipe you'd like to share? Send it to [studentwellnessadvising@tufts.edu](mailto:studentwellnessadvising@tufts.edu)!

# Office of Student Wellness

**The Office of Student Wellness** (OSW) is a friendly and accessible hub of support for all students enrolled in Health Sciences programs. We work with all students to offer practical approaches to manage everyday stressors and challenges.



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

## Our services include:

- A. Confidential and private wellness advising
- B. Triage and referrals for psychiatric and counseling services (including Mantra) as needed
- C. Assisting students in finding a Primary Care Physician (PCP) in the Greater Boston area

The OSW also supports student well-being by offering opportunities to learn mindfulness-based stress management skills.

Click [here](#) for our current mindfulness group offerings. Or reach out to Jen Pustz at [Jennifer.Pustz@tufts.edu](mailto:Jennifer.Pustz@tufts.edu) with any questions or to learn more.

Our office is curated to meet students' needs. We offer tea, coffee, and hot cocoa at no cost. We also have snacks like granola and breakfast bars, and clementines.

**Please bring your own mug or container to help us be more environmentally sustainable.**




To schedule a Zoom or in-person appointment:  
Use [this link](#)  
or send an email to [Sharon.Snagg@tufts.edu](mailto:Sharon.Snagg@tufts.edu),  
or [Giselle.Pisani@tufts.edu](mailto:Giselle.Pisani@tufts.edu)

The office also has several spaces available for student use. These may be used for quiet or group sessions. 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](#).



**Sign up** for the OSW's **Canvas course** where you will find previous issues of the newsletter, the recipe archive, an events calendar, and wellness resources. New material is added weekly.

Please reach to us with any questions or comments about the services we offer: [studentwellnessadvising@tufts.edu](mailto:studentwellnessadvising@tufts.edu). This is a public email, please do not share personal information.

 Check out our [YouTube channel](#) to see video spotlights featuring Health Sciences students and scenes from past OSW activities!



Be sure to follow us on Instagram!  
[@tuftsstudentwellnessadvising](https://www.instagram.com/tuftsstudentwellnessadvising)

## Additional Resources

### **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.

### **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).