



10.25.24 This Week in Wellness

Self Care During Times of Uncertainty

When creating the October events, we envisioned students exploring new activities and revisiting old practices to serve as reminders about the importance of having time and energy to strengthen your roots for improved wellbeing. Furthermore, we hoped these experiences persuaded you to expand your coping strategies and implement self-care activities. Next week's events lean towards emotional regulation with the Seasonal Affect Disorder presentation and a nostalgic way to socially connect: Trick or Treat around campus!

We also know that topics associated with the election can increase your anxiety about the uncertainty of the future, which then requires more mental energy to calm down. The Wellness Office continues to be a neutral space to escape and reset regardless of which side of the aisle you may find yourself. Keeping all of this in mind, consider implementing the following strategies to boost your confidence around handling ambiguous situations.

1. **Focus on what you can control rather than what you cannot.** Give yourself permission to take a break from the news. Rather, spend time practicing gratitude and sticking to the routines and schedules you have established
2. **Stay socially connected. Spend time with people who elevate your mood.** The Trick or Treat and Halloween Open House events can be great opportunities for this!
3. **Practice breathing and meditation exercises to decrease anxiety in the moment.** Check out [this meditation](#), drop in for a Time for Pause session, or visit our Canvas page, all created by Jen Pustz, Assistant Director of Office of Student Wellness [and resident mindfulness instructor!]
4. **Utilize election-based resources.** Visit [JumboVote](#) to learn about the voting process and additional [stress and anxiety management tips](#) that can help you make informed decisions on Election Day.

Don't let your worries drag you down, instead wash them away...

JOURNAL AND WASH YOUR
THOUGHTS ON DISSOLVABLE
PAPER

TUESDAY OCTOBER 29TH
2:30 - 4:00PM
FIRST FLOOR OF MED ED 114
(145 HARRISON)

ALL HEALTH SCIENCE CAMPUS STUDENTS AND FRIENDS ARE INVITED TO JOIN THE OFFICE OF STUDENT WELLNESS, JUMBOVOTE, AND TISCH COLLEGE FOR A WELLNESS CHECK-IN EVENT, WHERE STUDENTS WILL BE INVITED TO WRITE ON A PAPER THAT CAN BE DISSOLVED IN WATER, IN AN ATTEMPT TO PUT YOUR FEELINGS DOWN ON PAPER AND WASH THEM AWAY! THERE WILL ALSO BE A PLACE TO SHARE YOUR THOUGHTS WITH OTHERS IF YOU SO DECIDE! THE GOAL OF THIS EVENT IS TO CREATE A SPACE A WEEK PRIOR TO THE ELECTION TO WRITE DOWN YOUR FEARS, THOUGHTS, WORRIES, HOPES, JOYS, ETC. AND SHARE OR DISSOLVE YOUR PAPER IN WATER! THE HUMANIST CHAPLAIN WILL BE PRESENT FOR STUDENTS TO UTILIZE AS A RESOURCES AS WELL.

Fall into the Coming Week's Wellness Events

Seasonal Affective Disorder (SAD) Lunch & Learn

Monday, October 28, 12:00 pm - 12:50 pm, Med Ed 507

Join Student Wellness Advisor, Giselle, for a lunchtime learning session. Learn about SAD and evidence-based tips that help. Lunch will be provided. Sign up [HERE](#).



Time for Pause Weekly Mindfulness Practice

Tuesday, October 28, 12:00 - 12:45 pm, Med Ed 852

When our minds are especially restless, it can be helpful to use body sensations to anchor our awareness in the present moment. Walking meditation is a great option when sitting still is a challenge. You don't need a lot of space, since the goal of this practice is not getting anywhere! Sign up [HERE](#).

Please note: Time for Pause will not meet on Monday, so all are able to attend the SAD presentation if they wish. Monday sessions will resume on November 4 as usual in Med Ed 812.

Wellness Gathering

Tuesday, October 29, 2:30 - 4:00 pm, Med Ed 114

This Wellness Gathering is special because you will have an opportunity to wash away some of your worries! Check out JumboVote's flyer on the previous page!

A variety of healthy snacks and refreshments, both sweet and savory, will be provided to fuel late afternoon studies. Special guests? Yep, the Humanist Chaplain, Anthony Cruz Pantojas and pet therapy dog!



Trick or Treat around Campus

Thursday, October 31, 10:00am - 2:00 pm

Various campus offices

Explore new spaces and faces by participating in a nostalgic Halloween activity. Students will be given a card to mark the offices they visit for treats. The last stop will be OSW where cards are collected and entered in a raffle to win a prize. Bring a container/bag for all of your treats. Costumes optional!



Halloween Open House

Tuesday, October 29, 2:30 - 4:00 pm

Office of Student Wellness

Gourd vibes continue at OSW where you can drop off your trick or treat card, enjoy some refreshments, and reset for the evening.

Community Corner: Your smiles make us smile



A big thank you to Avi, Miriam, Ajay, Rika, Mary, Morgan, Charlotte, Isabel, Maddie, Kimberly, Abby, Amanda, Ashna, Andrea, Julia, and Asha for volunteering their time to help out at Craft Night, 10 minute Massages and Breakfast & Lunch to Go!

Shout out to the Dermatology Club and talented performers: Suzanna Diehl, Caitlin Segarra, and Rachel Chau!

YOU ARE THE

Best



Happenings in and around Boston

Trick or Treat on Beacon Hill

Thursday, October 31st , 4:00- 8:00 pm
Mount Vernon & Pinckney Streets

Pumpkin spice lattes and the most creative home decorations in the city. Every year the Beacon Hill Civic Association arranges to have streets closed down in this historical neighborhood. **Mount Vernon Street and Pinckney Street (from Charles Street to Joy Street)**. Don't miss **Louisburg Square!**



Ping Pong @ SPIN



Friday & Saturdays after 10 pm
Melcher & Necco in Seaport District

\$10 after 10 pm to reserve a table for up to 10 friends.
Find more information [HERE!](#)



Boston Book Festival

Saturday, October 26, 10:00am - 6:00pm
Copley Square

Calling all book fans! This festival has over 200 authors, with 70 sessions located across several Boston locations. View the full schedule [here](#) and the presenters [here](#). Enjoy performers on the Berklee Music Stage from 11am-5 pm. There are great options for kids too!



Nourishment

More Mason Jar Mealtime Magic

Mason jar omelettes can be a game changer. When it comes to saving time in the kitchen, the jar, 2 eggs, onions, and peppers transform into fluffy goodness with less cooking time and clean up. Here's the [recipe](#).



Spider Sliders + Poison Apple Punch



Have some fun with your food. Halloween may not be the holiday that screams nutrition, but you can certainly scare up something! Put a little spin on your menu with creative plating like the [recipe for the sliders](#) and ghoulish garnishings like a gummy worm and apple slice with your cider. For more inspiration, check out [Food Network's Top 50 Halloween Recipes](#).



Check out this [link](#) from Damn Delicious for meal prep idea 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!

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 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,
or 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 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. 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.