



THIS WEEK IN WELLNESS: SPECIAL EDITION

NOVEMBER 27, 2024

Happy Thanksgiving!

From all of us in the Office of Student Wellness



INDULGING IN MODERATION

Thanksgiving Break is finally here! We hope you enjoy this opportunity to reset before the final push to the finish line in December. Thanksgiving can be a time of indulgence: good food, lots of football, staying up late catching up with family and friends, and then sleeping it all off. We encourage you to fully enjoy these activities, while being mindful of moderation. It can be tempting to pack a lot in to a short break, only to find oneself exhausted when it's time to restart your routine. Try to indulge without completely throwing out your routine. Keep your sleep schedule as regular as you can and don't forget to get up and go outside to enjoy some fresh air and physical activity. Allow yourself some "re-entry" time on Sunday so you will be ready to finish the semester strong.



GET OUT AND GET MOVING!

If you are looking for motivation to get up off the couch and stay active over the break, we've got just the thing! Join our Virtual Turkey Trot 5K! Wherever you are spending the break between Thursday, November 28 and Sunday, December 1, get outside and run or walk a 5K. Then log your time [here](#)! All participants will be eligible to win a gift card. It's even more fun if you bring a friend or family with you to take a picture of your finish! Feel free to send your Turkey Trot pics to us at studentwellnessadvising@tufts.edu. Have fun!

START DECEMBER MINDFULLY!

**Time for Pause: Mindful Movement,
Monday, 12/2, 12:00 - 12:45, Med Ed 812**

Sign up [HERE](#)

**Evening Yoga with Vito, Wednesday,
12/4, 5:00 - 5:50, Posner Lounge**

Sign up [HERE](#)

