

Fall Back

11.1.24

This Week in Wellness

Unplug and Recharge

This weekend we “fall back” and have an extra hour of sleep to look forward to. Many people lament the loss of sunlight at the end of the day, but Standard Time is actually much healthier and in tune with the body’s circadian rhythms. Modern life is ruled by the clock instead of the sun, but losing an hour of evening light can be a reminder to slow down and unplug at day’s end to start the next one feeling more refreshed.

Setting an intention to unplug may also be beneficial as election season winds down. The hyper-polarized news environment is stressful for all of us, so here are some tips for mindfully consuming information and unplugging to improve sleep and the ability to concentrate on school and work:

- Put away digital devices 30 - 60 minutes before bedtime and set them on Do Not Disturb. Too much blue light before bed may disrupt your sleep cycle, but even more importantly, reading news, checking email, and “cramming” makes it hard for your brain to wind down for sleep.
- Set a timer for 15-20 minutes, pull out pen and paper and write down everything that is on your mind without worrying about spelling, grammar, or content. Writing down your thoughts helps offload concerns, work through difficult emotions, and record tasks you need to remember.
- Schedule time each day to work or study without email open or your phone on the desk. If that makes you anxious, start with 15 minutes and add time as you feel more comfortable. You may be surprised by the results.
- Remember that “breaking” news stories are constantly changing and that even though news is on 24 hours doesn’t mean there is actually 24 hours of news. Focus on news relevant to the present moment instead of speculation about a future that may not come to pass.
- Consider how you feel when you use social media--do you enjoy the content or is it making you anxious? If the latter, take a break and spend time doing something that brings you more joy or contentment.

POST-ELECTION DECOMPRESSION IN THE OFFICE OF STUDENT WELLNESS

Regardless of how Tuesday's election turns out, we know the following will still be true:

- You can't control the outcome (once the votes are cast) but you can control how you respond to it.
- The Office of Student Wellness continues to be here to help you take care of and refocus yourself so you can finish your semester strong.

**WEDNESDAY
NOVEMBER 6**

9:30 am - 4:00 pm: Community Potluck.

Bring your favorite snack or dish to share! Help us plan ahead by signing up [HERE](#).



1:00 - 4:00 pm: Chat with the Chaplains. Rev. Daniel Bell, Protestant Chaplain, and Khan Asfandyar Gohar Shairani, interim Muslim Chaplain, will be available to reflect and lead an activity to help you share your hope for the future.

**THURSDAY
NOVEMBER 7**

9:30 am - 4:00 pm: Community Potluck continues!

Bring your favorite snack or dish to share! Help us plan ahead by signing up [HERE](#).



10:00 am - 12:00 pm: Oatmeal Bar. Take comfort in a warm bowl of oatmeal with some of your favorite toppings.

**FRIDAY
NOVEMBER 8**

9:30 am - 4:00 pm: Community Potluck continues!



We'll have coloring sheets, craft and card-making supplies, and fidget toys available all day in the front room to help you unplug and decompress.

Office of Student Wellness

200 Harrison Avenue, enter at the top of the ramp,
take the elevator to the 3rd floor



Ground Yourself with Meditation & Yoga

Time for Pause Weekly Mindfulness Practice

Monday, November 4, 12:00 - 12:45 pm, Med Ed 812

Tuesday, November 5, 12:00 - 12:45 pm, Med Ed 852

Election anxiety is in the air--let's meet it with kindness and compassion for ourselves, our loved ones, and all others. This week's practice will focus on Loving-Kindness, which recognizes our common humanity and the desire for all beings to be safe, healthy, and at peace. Please let us know you plan to join us by signing up [HERE](#). All members of the Tufts Health Sciences Community are invited.

Yoga and Lunch to Go

Tuesday, November 5, 12:00 - 12:50 pm, Posner Lounge

Sign up for lunch by Monday, November 4, at 4:00 pm by clicking [HERE](#)

Take a much-deserved break to stretch and relax over your lunch hour.

Additional Meditation Resources for Election Season



**Headspace:
Politics without
Panic**

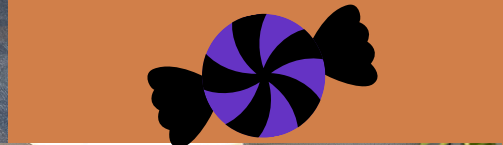
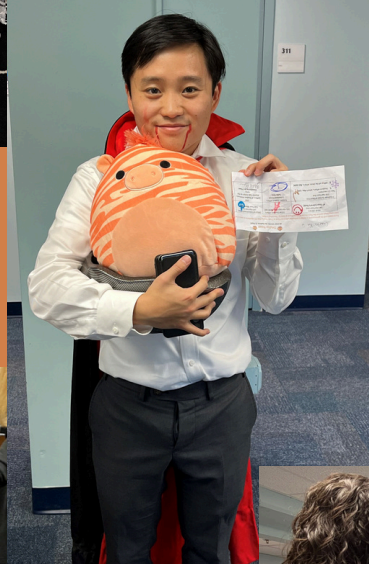
**Balance:
Managing Election
Anxiety with
Meditation**

**Sharon Salzberg:
Election Resources**

relax **JUST Breathe**

WBUR: Local Events to Help Decompress from the Election

Community Corner: No Tricks, All Treats



Happenings in and around Boston



Celebrate Dia de los Muertos!

You have many opportunities to celebrate Dia de Los Muertos (Day of the Dead) in the Boston area this weekend. Enjoy traditional altars, food, music, and much more at a variety of free events and festivals.

Saturday, November 2:

- Peabody Museum of Ethnology & Archeology, Harvard University, 1:00 - 4:00 pm (Great option for families!)
- Arlington Street Church: Veronica Robles, Female Mariachi, 3:00 - 4:30 pm
- Bow Market, Somerville. 5:00 - 10:00 pm
- The Foundry, 101 Rogers St., Cambridge, 2:30 - 8:00 pm

Sunday, November 3:

- Central Square Park, East Boston, 1:00 - 8:00 pm



Be-In Joy Boston

Saturday, 11/2, 12:00 - 4:00 pm, Boston Common

There will be positive vibes only at this festival, which invites participants to Be Present, Be Peaceful, and Be Powerful.



November Project

Fridays 6:30 am Summit Ave (Brookline) at Corey Hill Outlook

Started in 2011, this free all speeds free exercise group is all year round. Please sign their waiver before attending. Meet at the top of hill to do hill repeats - your speed - walk, skip, run. More information on their site.

Nourishment

Casseroles are for Caring

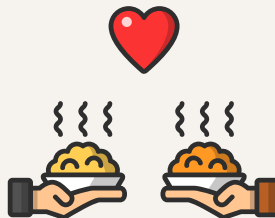
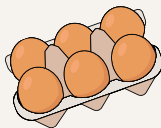
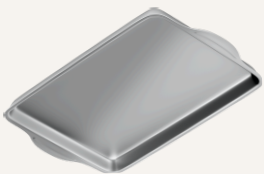
Whether you are looking for a comforting multi-serving recipe or something to share with friends, any dish with C-A-S-S-E-R-O-L-E in the title is worth considering. We found this [Chilaquiles Casserole Recipe](#). The ingredients can be put together up to a day ahead and popped in oven for 15 minutes. It's a great potluck option!



Deviled Eggs

Short on time, money, protein? We got you covered with a spin on a classic. It's still easy to make and this recipe walks you through especially if you have never boiled an egg. [Sriracha Deviled Eggs](#)

egg&elent



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.