

Happy
Thanksgiving

11.22.24
This Week in Wellness

Sustaining Motivation



WHEN YOU FEEL LIKE GIVING UP,
REMEMBER WHY YOU HELD OUT
SO LONG IN THE FIRST PLACE.

UNKNOWN

While many people surrounding us may be preparing for the holiday season, we know that students are focused intently on exams and projects at this time. While pursuing a professional degree can be challenging, there are definitely times when things are more difficult than usual. The end of the semester, for example -- can sometimes feel harder to get through than the rest of the year combined. You're low on energy, time, and resources, and it's more challenging than usual to recharge yourself.

*try
these*

- 1 Change one thing in your routine.
- 2 Add some exercise.
- 3 Schedule some down time.
- 4 Get off campus and forget you're a student for a little while.
- 5 Remind yourself of your long-term goals.
- 6 Make attainable short-term goals.
- 7 Do something creative.

Wellness Events

Time for Pause: Three Good Things

Monday, November 25, 12:00 - 12:45 pm, Med Ed 812

Shorter days, increasing workloads, and uncertainty in our world can cast a long shadow over our lives. Managing these challenges can be helped by intentionally pausing to recognize and reflect on the people, places, and things in our lives that bring us joy.

This week's Time for Pause will feature a short centering breath meditation followed by a writing practice called Three Good Things. Materials will be provided, but if you have a journal or notebook you use regularly, feel free to bring that to use for this activity.

Bring your lunch and chill between 12:00 and 12:15 before we begin our guided practice. Please let us know if you plan to join us by signing up [HERE](#).

Help us Turn the Office of Student Wellness into a Winter Wonderland!



Monday & Tuesday, November 25-26, 10:00 am - 4:00 pm
Office of Student Wellness

The weather outside has been far from frightful, but we know the Office could be so much more delightful. So if you've no place to go, make it snow, make it snow, make it snow! Take a study break and stop by the office to enjoy cocoa and treats while you cut out paper snowflakes to hang from the office ceiling. ❄️

Virtual Turkey Trot 5K!

Thursday, November 28 - Sunday, December 1 | Anytime, Anywhere!

Don't forget to get outside for some fresh air, movement, and Vitamin D wherever you will be during break! [Log your activity here!](#)

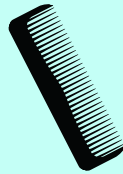


Enjoy the Holiday Break!

Even if studying and working on class projects will be part of your break, don't forget how important it is to give yourself some time to power down every now and then. The Office of Student Wellness will be closed **Thursday and Friday, November 28-29** and will reopen on **Monday, December 2**.

Community Corner

Collecting donations for Rosie's Place



WHERE?

at Office of Student Wellness

WHEN?

Now through December 6th

WHAT?

Toiletries + Other Essentials

- Full + Travel-size shampoo, conditioner, lotion, toothpaste, deodorant + body wash
- Toothbrushes, floss
- Chapstick
- Disposable shaving razors
- Hairbrushes, picks and combs
- Elastic hair ties
- Socks (new & in original packaging)
- Underwear (new & original packaging)
- Sports bras (new & original packaging)
- Paperback and hardcover books
- Yarn (unused) + crochet hooks



www.rosiesplace.org/



This week students decorated a **GRATITUDE TREE** during our Wellness Study Break.

Stop by to learn about the many things students are grateful for on the 4th floor of Med Ed.

If you are interested in practicing gratitude, this is a good read.

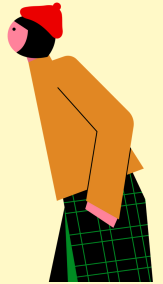
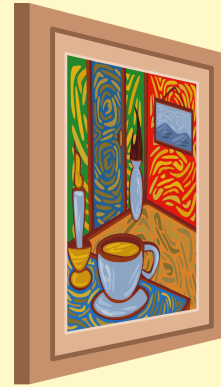
Local Happenings

Family Day at the Harvard Art Museums

Sunday, November 24, 1:00 - 4:00 pm

32 Quincy Street, Cambridge

The Harvard Art Museums are always free to all, but this coming Sunday they will also have a variety of family-friendly activities and scavenger hunts available. Some activities have limited capacity, so visit this [link](#) ahead of time to plan your trip. Drop-in activities will also be available.



Puzzling Adventures

Any day during daylight hours!



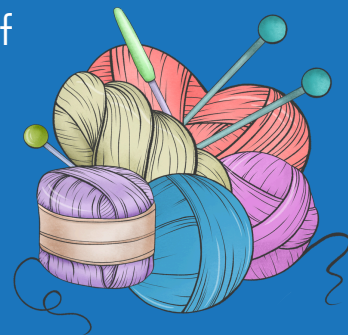
A different take on exploring **Boston! Puzzling Adventures** is advertised as a “cross between a scavenger hunt, an adventure race, and an informative self-guided walking tour.” Boston specific locations are the **Boston Common** and **North End**. This activity is for all ages, and better yet, it’s an activity to do when visiting other states! Click [here](#) for the promo code and [here](#) for booking details .

JP Fiber Arts Club

Saturday, November 23, 10 am - 11:30 am

30 South Street, Jamaica Plain Branch of Boston Public Library

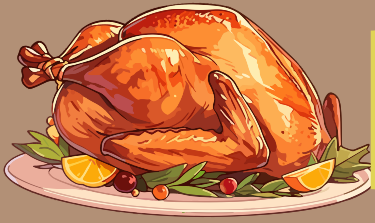
This drop in session meets every Saturday. It’s one of the many great FREE events hosted by the Boston Public Library main location and branches. [Find more great events here...](#)



Nourishment

Great recipes for

FRIENDS
GIVING



Hotline for First Time Turkey Roasters

If you are cooking your first turkey or are a beginner, there is a hotline. Call 1-800-BUTTERBALL to talk with a Turkey Expert.

Roasted Brussels Sprout & Butternut Squash Salad

This vegan, gluten-free side dish highlights favorite fall vegetables that are also filled with fiber and nutrients to support healthy hearts and immune systems.



Stuffing-Stuffed Whole Cauliflower



Thanksgiving can be challenging for vegetarians who want to provide a stunning centerpiece that is not a tofu “turkey.” For your consideration: a whole cauliflower stuffed and roasted in a traditional way!

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

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.