



01.10.24
This Week in Wellness

Embracing Winter and Change

January naturally brings chilly weather and change. Connecting the two, cold weather may mean reassessing your daily habits to ensure they support your physical health. To get you started, here are some suggestions for you to try. Visit the [Scooms](#) and [Time](#) websites for additional information.

Beginning a new year can also bring acute awareness about changes within ourselves and our environment, some easier to control than others. There is truth to Ancient Greek philosopher Heraclitus' quote, "The only constant is change" and for one's wellness, it's helpful to have strategies to embrace changes, especially unpredictable ones. Having a support system, adopting a growth mindset, and practicing gratitude are some strategies to embrace changes. Explore more strategies and tips on embracing change through [PsychCentral](#) and [Intelligent Change](#).

Despite the changes that may come with the new year and semester, OSW wants to remind you that we are a constant that supports your wellbeing. If you haven't had a chance to take our **end of semester survey**, it's not too late to share your feedback. **Please complete this [5-minute survey](#) by Friday, January 17.**

Embrace what winter brings by....

- **Maintaining your bedroom temperature between 60-65 Fahrenheit.**
- **Using thicker blankets, flannel sheets and layers to keep you warm and cozy.**
- **Insulating your windows with plastic.**
- **Participating in hobbies such as knitting, reading, and baking.**
- **Continuing to follow a sleep and exercise schedule.**
- **Drinking warm beverages, like herbal teas and hot chocolate.**
- **Enjoying winter-based activities such as ice-skating, sledding, and perhaps dinner by a fire.**



Announcements from OSW

If you haven't yet visited the Office of Student Wellness, here are comments from students who have engaged with our services. We hope to see you this semester!

"The Wellness office has played such an important role in my emotional wellbeing. I always take breaks when the wellness office provides a space for food and relaxation. This experience has been way less stressful with the resource they provide."

"The Wellness Office genuinely has my whole heart. They are super kind. Help you with whatever you need, food, activities, mindfulness, yoga, coffee, a place to come and feel safe to share anything without judgement with people that actually genuinely care!"

"Meeting and making new friends. Studying something I'm passionate about w/ others who are too!"

"As us students persist in such a challenging endeavor, it is wonderful to have a physical space of solace where we can recharge in as many ways as possible."

It was wonderful seeing so many of you at wellness activities this past fall. This semester we are excited to continue to offer you opportunities to engage and build community. Below is a sneak peek of what's to come this semester!

Valentine's Day Celebration



Chili Fest

Ice Skating at Frog Pond



Yoga sessions



Wellness Gatherings



Clothing Swap



Time for Pause

Local Happenings

Boston Parks Winter Fitness Series

Sunday, Jan 05, 2025 10:00am - Saturday, Apr 05, 2025 7:00pm;

Various locations

Embrace winter in Boston by changing up your exercise routine. This particular fitness series is flexible and accessible. Virtual classes as well as different times and Boston locations are offered.

[Click here](#) to learn more.



Neurodivergents Unite

Saturday, January 11, 2:30pm - 4:30pm
355 Main Street, Cambridge, MA

Building and maintaining a sense of community is beneficial for one's wellness, but it's understandable that finding a community where you belong can be tricky. This event provides an opportunity for neurodivergent people to make connections in ways that may not be possible in other settings. [Click here](#) for additional details. The venue is accessible on the Red Line (Kendall/MIT stop).

Holiday Blowout Art Sale

Saturday, January 11, 10:00am-6:00pm and Sunday, January 12, 1:00-4:00pm
25 Myrtle Street, Boston, MA 02114

If you have an urge to redecorate your space with art, visit the Hidden Art Gallery in the historic Beacon Hill neighborhood. Details about art prices and other events they host can be found [here](#).



Nourishment

Believe it or not, OSW staff often talk about food and nutrition. This past week, we discussed pleasant memories associated with home-cooked and warm meals.

Creamy Tomato Basil Soup

Elevate a classic with this soup recipe! You may swap ingredients to fit your individual dietary needs. Click [here](#) for the recipe.



Ritz Cracker Chicken Casserole



Practice your baking skills by making this casserole! Ritz crackers are not only good for snacking! [Here](#) is the recipe.

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.