



# 01.17.25 This Week in Wellness

## Celebrate MLK and Embrace Challenges

Monday is the **Martin Luther King Holiday**. Our offices will be closed, but when we return on Tuesday so will many of our events like **Yoga**, **Time for Pause**, and a **Wellness Gathering**.

The long weekend offers opportunities to catch up, plan ahead, and to relax and reflect. Those new to Boston may not know that Rev. Dr. Martin Luther King Jr. considered the city his second home. The **Embrace Monument** and the **1965 Freedom Plaza**, located on Boston Common, a half mile walk from campus, were completed in 2023. The memorial honors the life and legacy of the Rev. Dr. King and Coretta Scott King and their presence in the city. The couple met while King was a PhD student in Theology at Boston University and Coretta studied at the New England Conservatory of Music.

Although we celebrate his achievements and legacy today, most advancements in MLK's life were met with challenges and many of his dreams are still unrealized. Even the movement to hold a permanent space in the City of Boston's landscape was a mission that almost did not come to fruition. Regardless of the difficulties we may face, Dr. King's unwavering hope can provide inspiration.

**"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."** MLK Jr.





# Upcoming Events



## Calling All Chili Chefs!

### 2nd Annual Chili Fest

**Friday, January 31, 12:00 - 1:30 pm, Med Ed 114**

Do you have a great chili or cornbread recipe and enjoy a little competition among friends? Then click [HERE](#) and sign up to participate as a chef in our **2nd Annual Chili Fest!**

### Yoga + Lunch To Go

**Tuesday January 21st, 12 pm - 12:50 pm, Posner Lounge, 200 Harrison Street**

**Register [HERE](#) by Monday, January 20 at 3:00 to select your lunch.**

Grab your mat or sign up to use one of ours and use your noontime break to attune your mind and body.

### Lunch & Learn: Finding Time for Pause

**Thursday, January 23, 12:00 - 12:45, Med Ed 220**

**Register [HERE](#) by Wednesday, January 22 at 3:00 to select your lunch.**

If you have been curious about incorporating mindfulness practices into your life but find yourself saying "I don't have time," this session is for you. You will learn two short mindfulness practices, one "formal" and one "informal," work together on strategies to help you find moments within your day when you could fit in "a time for pause," and learn more about mindfulness resources.

### Wellness Gathering

**Friday January 24th, 2:30 pm - 4 pm**

**Med Ed 2nd Floor**

Stop by and check in with the Wellness staff, spend time with other students, have some yummy treats, warm beverages and meet a therapeutic pup or two.



# Winterize your Skin Care Routine!

**Cold winds, dry air. Winter is here, and your skin deserves better.**  
*Let's talk hydration!*

During winter, cold weather and low indoor and outdoor humidity strip the skin of its natural oils, allowing water to escape and leaving the skin dehydrated.

Your skin is a barrier between you and the rest of the world. However, when your skin is dry, that barrier breaks down, increasing the risk of infections and worsening chronic skin conditions like eczema, psoriasis, acne, rosacea, and dandruff.

Skin that is soft, smooth, and even in texture is healthy. Flaking, burning, or peeling? Not so much. Keep your skin happy and hydrated this winter with these tips from the **Dermatology Outreach at Tufts team** [tusm.dot@gmail.com](mailto:tusm.dot@gmail.com).

## Lips



**Steer clear of irritating lip products** containing camphor, eucalyptus, cinnamon, citrus, peppermint flavors, fragrance, menthol, lanolin, phenol, salicylic acid.



Break bad habits: **Stop licking, biting, and picking at your lips.** Though temporarily soothing, saliva evaporates quickly, leaving your lips even drier.

Lips



The OSW would like to thank Ilona Ponyatyshyn M'28, Cameron Neeson M'28, and Emily Gartrell M'28 from Dermatology Outreach at Tufts for providing this skin care education.

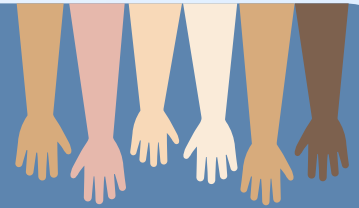
## Face

- ✔ Use moisturizers with **physiologic lipids, like ceramides, free fatty acids, cholesterol**, to hydrate, protect against water loss, UV rays, and pathogens, and restore the skin barrier. These also improve skin texture, radiance, and fine lines.
- ✔ Look for moisturizers with **hyaluronic acid** (labeled as Sodium Hyaluronate) for deep hydration and anti-aging effects.
- ✔ Don't skip SPF, especially during snow sports- snow can reflect UV rays. Opt for **mineral-based** sunscreens with zinc oxide and titanium dioxide to avoid irritation and ensure effective protection.



## Body

- ✔ **Limit hot showers/baths** to prevent drying out the skin.
- ✔ Use a **humidifier** to combat dry indoor air.
- ✔ Layer up with **protective clothing** like scarves, hats, gloves in cold weather.
- ✔ Moisturize body, lips, and face often using **emollients like white petroleum jelly** (Vaseline, Aquaphor) or **thick cream-based moisturizers**, especially after showering to lock in moisture.
- ✔ Use **medicated shampoos** containing pyrithione zinc (an antifungal and antibacterial agent), salicylic acid (helps exfoliate the scalp), or ketoconazole (kills fungi) to soothe and treat a dry, flaky scalp.



\*If dryness persists after using these methods, consider talking to your dermatologist.



# Local Happenings



## Lovestruck Book Store Opening

**Saturday January 18th 10 am - 5 pm**  
**44 Brattle Street, Cambridge, MA**

Love is in the air or on the pages, as Romance Bookshop Lovestruck opens this Saturday in Harvard Sq. The day is filled with fun activities and special guests. Although admission is free, an RSVP online at [eventbrite](#) is recommended.

## Beat the Winter Blues with Comedy

### Boston Tee-Hee Party

**Saturday January 18th 6:30 pm - 9pm**

### Trident Booksellers & Cafe

Humor is good medicine and Trident has Antonio Morales headliner with his show It's Tarot Time! where he blends his tarot reading, comedy as well as experiences growing up queer and Hispanic. Three other comedians are on the schedule. Seats open at 6:30 pm and show starts at 7:30 pm.



## Celebrating Martin Luther King Jr.

**Monday, Jan 20, 2025 10:30am - 11:30am**

### JFK Presidential Library & Museum

A free performance by George Russell Jr. and Friends in honor of Martin Luther King Jr. Day! Listeners of all ages will learn how music inspired and motivated Americans during the civil rights movement and enjoy some of Martin Luther King Jr.'s favorite songs. Registration is limited!



**Monday, Jan 20, 2025 9:00am - 11:30am**

**The 55th Annual MLK Breakfast** with Keynote Speaker Angela Davis: Livestream

**Enjoy free admission and special programs at these museums on Monday:**

- Institute of Contemporary Art (ICA): 10:00 am - 5:00 pm
- Isabella Stewart Gardner Museum: 11:00 am - 5:00 pm
- Museum of Fine Arts Boston: 10:00 - 5:00 pm
- Franklin Park Zoo: 9:00 am - 4:00 pm

# Nourishment

The upcoming long weekend is a great time to make a larger recipe you can have several days next week or freeze portions for later in the semester when you will be busier. Fuel your body and soul with these **freezer-friendly comfort food classics**.

## Easiest Lasagna Ever!

Lasagna is a great comfort food because you can start with a basic recipe like this one and tweak it to fit your dietary needs and preferences. Not to mention the fact that it is easy to portion out and freeze for future meals.



## Sweet Potato Black Bean Burritos

Although it is easy to buy cheap frozen burritos at the store, did you know it is not hard to make your own? Follow this recipe to make burritos filled with fiber and nutrient-rich ingredients, or use it as inspiration to build your own burrito filling. Then roll, wrap, and freeze!

## Hearty Chicken Stew

Nothing quite says cozy like a hearty soup, chili, or stew. This recipe for chicken stew promises the comfort of chicken soup with the added warmth of a thick and filling stew. You can save leftovers for the week ahead or freeze in serving-sized portions for times while you need them most.



**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](mailto: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](mailto: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](mailto:Sharon.Snagg@tufts.edu),  
or [Giselle.Pisani@tufts.edu](mailto:Giselle.Pisani@tufts.edu)

The office also has several spaces available for student use whether quiet or group sessions. Send an email to [studentwellnessadvising@tufts.edu](mailto:studentwellnessadvising@tufts.edu) with your request to reserve the Quiet Space or Multipurpose Room. For more information, check out our [flier](#).



Be sure to follow us on Instagram! [@tuftsstudentwellnessadvising](https://www.instagram.com/tuftsstudentwellnessadvising)



**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.



Check our **YouTube channel** featuring students and scenes from OSW activities!

Please reach to us with any questions or comments about the services we offer:  
[studentwellnessadvising@tufts.edu](mailto:studentwellnessadvising@tufts.edu).

*This is a public email, please do not share personal information.*

## Additional Resources

### 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](mailto:tuftscounseling@allonehealth.com).

**new office hours**

### Tufts University Chaplaincy

**Location** | Posner Hall, Room 305W

- **Thursday Jan. 23**, 12 pm - 4 pm with Muslim **Chaplain Khan Shairani**
- **Tuesday Jan. 28**, 12 pm - 4 pm with Protestant **Chaplain Dan Bell**

Chaplain Khan and Chaplain Dan will be holding office hours twice a month. The upcoming dates will be listed in our newsletter. Our chaplains are available to meet with all students, faculty, and staff, regardless of religious or philosophical background, for spiritual care and supportive conversation. To learn more about how we approach spiritual care as a University Chaplaincy, please visit our website.

To get to know and be in touch any and all members of the University Chaplaincy staff, please visit our Contact Us page.