



01.24.25 This Week in Wellness

Finding Time for Pause

Researchers estimate by the second Friday in January many people have already given up on resolutions for the new year. However, those who practice mindfulness see this fact differently. Every time we lose focus on the present is an opportunity to begin again.

If you started 2025 with an intention to be more mindful, learn about meditation, practice self-care, or reduce your screen time, but have struggled to stay consistent, you are not alone. Students juggling a full course load and managing professional, family, and personal responsibilities naturally find it hard to find the time for one more thing, even when they know it would be beneficial in the short and long terms.

Ready to begin again or try mindfulness for the first time? Here are some strategies and links that may help you find a time for pause in your day to focus your attention and reset:

- **Start small.** According to neuroscience researcher Amishi Jha, 12 minutes of meditation at least 5 out of 7 days per week is enough to experience the many benefits of mindfulness practice. If 12 minutes is too hard at first, start with 5, or 3, or 1 and work your way up!
- **Visualize your time.** Open your Google calendar or map out your time using a paper version and look at the times between classes, work, and family commitments. Start by noticing when and how long those gaps are, then consider what you typically do during those periods.
- **Ask yourself: are those activities nourishing or depleting?** In other words, how do they make you feel? Consider scheduling a reminder during this time to do a 5-minute mindfulness practice instead of spending time doing something you know will make you feel stressed, anxious, or exhausted.
- **Take advantage of opportunities to learn with others.** The Office of Student Wellness has several mindfulness-based programs starting next week to help you find time, address barriers to practice, and find meditations and mindful activities that fit your needs and interests. Check out next week's events to learn more!

Next Week's Wellness Happenings

2nd Annual Chili Fest

Friday, January 31, 12:00 - 2:00 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!** Or if you just love chili, stop by to taste and enjoy a hearty, warm lunch!



Yoga and Lunch to Go

Tuesday January 28, 12 pm - 12:50 pm, Posner Lounge, 200 Harrison Street

Register [HERE](#) by Monday, January 27 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.

Time for Pause: Mindfulness for Health Sciences Students

Tuesdays, 4:30 - 5:00 pm, Office of Student Wellness OR

Thursdays, 12:15 -12:45 pm, Med Ed 812 Register [HERE!](#)

In this 6-week series, we'll work through a series of practical mindfulness exercises focused on improving awareness of thoughts, sensations, and emotions to better manage distractions and respond to challenging situations. To gain the most benefit from this program, we strongly encourage students to commit to participating in at least 4 of the 6-week sessions. We will provide snacks at all meetings and attendees will also receive a stress-relief gift each week. The more you attend, the more you collect!



How to Do Nothing: Digital Detox Mini Retreat

Saturday, February 1, 10:00 am - 1:00 pm, Office of Student Wellness

Registration is Required. Sign up [HERE!](#)

Join us for a creative and unique opportunity to truly slow down and appreciate the world around us in a supportive environment. Committing to a couple of hours of silence without your phone nearby can be scary! But we'll guide you through that time by providing a mindful snack experience, time to work on a hands-on craft, and a period of mindful movement. We conclude with a healthy lunch and a chance to reflect on your experience and connect with others.



Winter Warmup is Coming!!

THRIFTING & MOCKTAILS: WE NEED YOUR HELP!

The Office of Student Wellness will host its first **Thrifting & Mocktails Event** on February 7. We are planning a fun evening in the office with mocktails, appetizers, and the opportunity to “shop” for free clothing and accessories. We need your help to make this event a success:

** Donations of gently used clothing and accessories for the swap **

** Volunteers for the evening event to help with set up, food prep, and breakdown **

For more information, see our flier at this [LINK](#) and sign up to volunteer [HERE](#).



Office of Student Wellness



STUDENTWELLNESSADVISING@TUFTS.EDU

WINTER WARM UP



JAN 31 - FEB 14



SEE THE WEEKLY NEWSLETTER TO SIGN UP

JAN 31, 12-2:00PM

Chili Fest



Med Ed 114

FEB 1, 10-1:00PM

Digital Detox



Office of Student Wellness

FEB 3, 12-1:00PM

Lunch with the Dermatology Club



Office of Student Wellness

FEB 4, 6:00PM

Tufts Night at Frog Pond



Frog Pond
Boston Common

FEB 5, 5:00PM

Evening Yoga



Posner Lounge

FEB 7, 4-6:30PM

Mocktails & Thrifting



Office of Student Wellness

Community Corner

Interested in Sharing your Musical Talents?

Founded in Boston in 1982, the Longwood Symphony Orchestra is a 501(c)(3) nonprofit organization that uniquely focuses on combining the healing arts of music and medicine. Named after Boston's Longwood Medical Area, the orchestra's members are primarily healthcare professionals, researchers, medical students, therapists, and caregivers, many of whom pursued advanced musical studies before turning to medicine. The orchestra is nationally recognized for its musical quality, innovative programming, and unique model of community engagement.

More information about the LSO, including programs, soloists, and community partners, is available on our website: www.longwoodsymphony.org.

INTERESTED
IN MUSIC
AND
MEDICINE?



LONGWOOD
SYMPHONY
ORCHESTRA

COME PLAY
WITH THE LSO!

WHAT IS
THE LSO?

AN ORCHESTRA OF PHYSICIANS,
STUDENTS, RESEARCHERS, &
HEALTHCARE PROFESSIONALS
WHO LOVE PERFORMING MUSIC
TOGETHER

WHY
SHOULD
I JOIN?

MEET ESTABLISHED PROFESSIONALS
& FELLOW TRAINEES IN YOUR FIELD
AND PERFORM IN HISTORIC
JORDAN HALL TO SUPPORT LOCAL
NON-PROFITS!

TELL ME
MORE!

AUDITIONS BEGIN IN
AUGUST; SCAN THE QR
CODE FOR MORE INFO



LONGWOODSYMPHONY.ORG



BE-FRIEND



Be Yourself. Go Deep. Be Friend.

Starts the first week of February.

Tufts | University
UNIVERSITY | Chaplaincy

Great news: Be-Friend is back, in its fifth year! This semester-long interfaith friendship project is designed for participants to go deep and to talk about the things that matter like our values, our sense of purpose, and our questions about life. You will hone the skills of active listening while experimenting with shared spiritual practices from different religious and philosophical traditions. Our multifaith chaplains have contributed to the program, offering a diverse array of spiritual practices, including nature walks, meditation exercises, listening to music, deep reading—of poetry, art, the world, our lives and one another. Participating students, graduate students, and staff/faculty will be paired, committing to spending an hour together each week. Students will be paired with other students, and the same for staff/faculty. The program will begin the first week of February.

**All are welcome! Please sign up through the links below by January 31. Associate Director Lynn Cooper (Lynn.Cooper@tufts.edu) if you have any questions. Sign up [HERE](#).
Learn about our first year of Be-Friend [HERE](#).**

Local Happenings

Celebrate the Year of the Snake

Lunar New Year will be celebrated next Wednesday, January 29, but the celebration begins this weekend and extends into February.

Start celebrating the Year of the Snake at these events:

Chinese New Year Pop Up Market

Open through January 28, 10:00 am - 6:00 pm

China Trade Building, 2 Boylston Street in Chinatown

Stop by to purchase flowers, decorations, bamboo, money plants, and other supplies for Lunar New Year celebrations.

2025 Boston Lunar New Year Festival Gala

Sunday, January 26, 2:00 - 4:00 pm, Boston City Hall

This event marks the second official celebration of the Lunar New Year since it was recognized as a legal holiday in Boston in 2023. Head to City Hall for this FREE and unforgettable evening filled with traditional performances, cultural showcases, and community spirit.



WinterFEST in Newton

Saturday & Sunday, January 25-26, multiple locations in Newton (on the Green Line)

Take the Green Line west to Newton and enjoy family-friendly, winter-themed fun all weekend. Have a bowl of soup and/or hot cocoa while you listen to live music and check out the ice sculptures. Click [HERE](#) for the full schedule of activities and locations.



Be Part of the Studio Audience at GBH's High School Quiz Show!

Saturday & Sunday, January 25-26

GBH Studios, One Guest Street, Brighton, Massachusetts

Join the audience for the 16th season of our local public television channel's High School Quiz Show! If you love the show, or just trivia in general, this is a great chance to experience to be part of a studio audience! Click [HERE](#) to reserve free tickets.



Nourishment

Take a study break with friends this weekend and try out some Asian-inspired recipes in honor of Lunar New Year!

Vegetable Dumplings

Making dumplings may sound intimidating if you have never done it, but this [recipe](#) might convince you to give it a try. You can make your own dough or use pre-made dumpling wrappers and they are filled with mushrooms, carrots, and cabbage.



Chinese Chicken Curry

Enjoy making a 15-minute meal that likely has more portions than the take-out version. While this [recipe](#) uses a wok, a large nonstick skillet is a good substitute. The chicken curry can be paired with rice or Lo Mein noodles and various vegetables. Just a heads up that curry and tumeric powders tend to stain so pick your cooking outfit carefully!



Longevity Noodles

This simple noodle dish is commonly served at celebrations beyond Lunar New Year. This [recipe](#) recommends a specific type of noodle, which you may be able to find in Chinatown or other local Asian food markets.



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 whether 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](#).



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.

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.

new office hours Tufts University Chaplaincy

Location | Posner Hall, Room 305W

- **Tuesday Jan. 28**, 12 pm – 4 pm with Protestant **Chaplain Dan Bell**
- **Thursday February 13**, 12 pm – 4 pm with Muslim **Chaplain Khan Shairani**

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.](#)