



## 01.31.25 THIS WEEK IN WELLNESS



### Music as Self-care

In last week's Community Corner, we featured the Longwood Symphony Orchestra (LSO). The composition of LSO's membership and their Healing Art of Music Program made us wonder: How does playing an instrument or listening to music improve your well-being? It turns out there are several benefits, some of which may not be as well known!

1. **Reduces stress:** Playing an instrument and listening to music, specifically classical or a chill playlist promotes calmness and an elevated mood. When calm, your blood pressure and cortisol levels decrease, your heart rate slows down, and endorphins are released.
2. **Provides emotional outlet:** Playing an instrument, singing, or listening to an emotion-based playlist is a healthy way to cope with your feelings.
3. **Improves concentration:** Reading sheet music, focusing on your breathing, and finger placement on the instrument all require concentration. Therefore, your focus shifts from negative thinking to external stimuli. Practicing cognitive shifting in a fun way can make it easier to concentrate on other demanding tasks.
4. **Promotes social connections.** Having a shared musical experience with others, whether it's attending a concert, having a jam session, or sharing each other's favorite songs, boosts your mood and promotes a sense of community.
5. **Improves Memory.** Both sides of your brain are engaged when playing an instrument, which requires creativity, logic, and repetition. These skills improve your ability to retain and recall information, so they're useful when learning academic content.
6. **Teaches patience and perseverance:** Developing competence playing an instrument requires patience and perseverance. For example, it's going to take time and effort to take care of your instrument and produce a fluid melody. But that practice leads to notable progress, which is a reward itself.

**Check out these websites for additional information:** [Ronald Sachs Violins](#), [Classicfm](#), [Dr.TracyMarks](#), [Sloanschoolofmusic](#), [Decodedca](#), and [Dr.SamanthaMorel](#) for the benefits of music, and the Community Corner pages for information about places to play and rent instruments.



# OSW Announcements

## Mocktails and Thrifting

View the [flier](#) for more information!

The Office of Student Wellness will host its first Thrifting & Mocktails event on February 7. We need your help to make this event a success:

**\*\* Please donate gently used/new clothing and accessories by Thursday, February 6\*\***

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

Sign up to volunteer [HERE!](#)

## ROSES FOR VALENTINE'S DAY

Take the stress out of Valentine's Day, and let us bring the roses to you! We will offer a variety of rose colors to choose from when you pick them up. We'll also wrap them with greenery and your choice of tissue and ribbon! If you are interested in purchasing roses, **please sign up BEFORE February 13th by noon.**

1 rose- \$2 .50/ 2 roses- \$4/ 3 roses- \$6.50



Order your flowers [HERE.](#)



## UPCOMING WINTER WARM UP EVENTS

### Lunch and Learn with the Dermatology Club

**Monday, February 3, 12:00-1:00pm, Office of Student Wellness  
200 Harrison Ave, Admin side, 3rd floor**



**A light lunch will be provided by OSW. Please sign up [HERE](#) to help us plan.**

Join Dermatology Outreach at Tufts for a lunchtime talk about practical ways you can take care of your skin and hair, especially when it's cold and dry outside! We hope to address relevant skincare and hair concerns for everyone. If you have any specific topics you'd like to hear about, please feel free to contact us at [tusm.dot@gmail.com](mailto:tusm.dot@gmail.com). Still not excited? How about a chance to win a skincare gift basket and other amazing goodies? Swing by for a shot at some freebies—we can't wait to see you there!



## WINTER WARM UP EVENTS CONT...

**Tuesday, February 4, 6:00-9:00pm,  
Frog Pond, Boston Common**

### **Ice Skating at Frog Pond**



Ice skating is a wonderful way to embrace winter in Boston and it's College night at Frog Pond! Admission is free with your Tufts ID. Skate rentals cost \$15, **BUT** the first 30 students who sign up [HERE](#) and attend will have \$10 off their skate rental paid for by OSW!

### **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 Sign up [HERE](#) to help us prepare**

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. We strongly encourage students to commit to participating in at least 4 of the 6-week sessions, but **drop-ins are always welcome**. 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!



### **Evening Yoga with Vito**

**Wednesdy, February 5, 5:00-6:00pm Posner Lounge**

Break up the week by incorporating a low-impact exercise into your routine.

### **Mocktails and Thrifting**

**Friday, February 7,  
4:00-6:30pm**



**Office of Student Wellness , 200 Harrison Ave, Admin side, 3rd floor**

We are excited to provide a thrifting experience at no cost to you! Come by the Office of Student Wellness for mocktails and appetizers, and use your energy to "shop" for versatile clothing and accessories. Donations are not required to attend this event. "Dressing rooms" will be set up in the office. Please bring your own bags to support sustainability.



# Community Corner



Check out these resources if you want to incorporate music in your self-care!

Rent rehearsal space:

[Jamspot](#)

[Studio 52](#)

[Somerville Music Spaces](#)

Access to instruments and lessons:

[Guitar Center](#)

[School of Rock](#)



as you prepare for your **Step 1 exam! Congratulations on finishing your pre-clerkship coursework!**

Black History Month begins February 1st ! Throughout the month there will be many events celebrating African Americans' contributions and achievements that have impacted our country. If you are in the Boston area, feed your curiosity at one of the experiences below !

Explore the many African-American historic sites in and around Boston. This experience is made possible by the Tufts' Center for the Study of Race and Democracy. Click [HERE](#) for more information.

Martin Luther King Jr.'s activism is as influential and powerful today as it was when he was alive. Several departments at Tufts are collaborating to provide "Lunch and Learns" discussing how Martin Luther King Jr.'s work can inspire us to make changes for a better tomorrow. [For more information see the flier below.](#)

If your intentions for 2025 include volunteering, pay a visit to the **Little Brothers Friends of the Elderly in Boston (LBFE)**. The organization's mission is to provide activities and trainings to help relieve loneliness and isolation among the elderly. LBFE builds inclusive communities that span generations and cultures and values the well-being of their volunteers. For more information see the flier below.

# “WHERE DO WE GO FROM HERE?” Lunch and Learns FEBRUARY 2025

Join the Africana Center, Tisch College for Civic Life, the Office of the Vice Provost for Institutional Inclusive Excellence, the University Chaplaincy, and the Office of Student Life for a special “Where Do We Go From Here” Lunch and Learn to celebrate the living legacy of Rev. Dr. Martin Luther King, Jr.

Grafton Monday, February 3	12:00 p.m. - 1:00 p.m. Kohnstamm Conference Room, 106 Jean Mayer Administration Building
Boston Wednesday, February 12	11:45 a.m. - 12:45 p.m. Jaharis Cafe, 150 Harrison Ave.
Medford Wednesday, February 19	12:00 p.m. - 1:00 p.m. Alumnae Hall, 40 Talbot Ave.
SMFA Wednesday, February 26	1:00 p.m. - 2:00 p.m. Room B311 at SMFA 230 Fenway

The 2025 theme for our MLK gatherings this year, “Where Do We Go From Here,” comes from King’s 1967 speech and includes this quote:

*“Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love.”*



These Lunch and Learns are available to all Tufts faculty, staff and students on all three campuses. We hope that you can attend, and that you will register for the event by completing the registration form.

Please contact [chaplaincy@tufts.edu](mailto:chaplaincy@tufts.edu) with any questions.

Co-sponsored by:



School of  
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Gerald J. and Dorothy R.  
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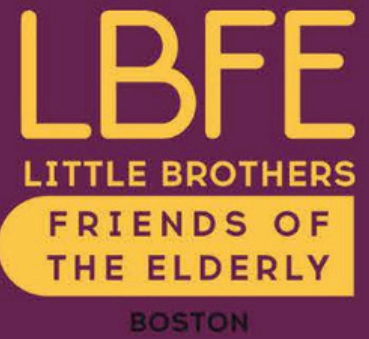
Cummings School  
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School of  
Medicine



# Intergenerational Service Opportunity!



Service Day Options: Mondays to Fridays  
Times: Afternoons between 12-5pm (1 hr long)  
Spring 2025 (Feb-May)

## CitySites

Join your friends at LBFE, local college students and older neighbors for weekly social activities to build connections with your community! Activities vary from board games, card games, arts and crafts, tech support, fun conversations and more!



For CitySites, email the following  
Program Managers:

Madison Amaral; [mamaral@lbfeboston.org](mailto:mamaral@lbfeboston.org)  
Bricen Boudreault; [bboudreault@lbfeboston.org](mailto:bboudreault@lbfeboston.org)

## Digital Dividends

Collaborate with local college students and your older neighbors to promote digital equity! Join our weekly computer training sessions where older adults learn and improve their digital skills. Older adults are provided with a laptop and internet connectivity.



For Digital Dividends, email the following  
Program Managers:

Chisom Nnajifor; [cnnajifor@lbfeboston.org](mailto:cnnajifor@lbfeboston.org)  
Joesha Edmorin; [jedmorin@lbfeboston.org](mailto:jedmorin@lbfeboston.org)

# Community Corner: Chili Fest 2025



Thank you to the students  
✨ ✨ chefs who participated in today's  
Chili Fest! **Congratulations to the winners!**  
**1st place: Diana Ventura, D26—Seven Deadly Peppers**  
**2nd place: Claire Goldman, M27—Chili Con Crunch**  
**3rd place: Bryce Pitts and Jorge Bacallao, D27 & Yesenia Reyes, D26—I'm Just a Chili Guy**



# Nourishment

## Garlic Parmesan Chicken

If you want to make something quick without compromising flavor, this [recipe](#) is worth a try! The ingredient list is short and it should be ready in 15 minutes. Consider using pre-packaged steamed vegetables or making a salad to lighten up the meal



## Easy Red Curry Soup

This [vegan soup](#) has a long list of ingredients, but it's another recipe that should only take 15 minutes to make. Homemade flavorful soup for the win!

## Seven Layer Party Dip

For those of you already planning the Super Bowl menu, this [dip](#) is great for a small gathering and ingredients can be omitted to meet dietary needs.



**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.Snagggs@tufts.edu](mailto:Sharon.Snagggs@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

- **Tuesday February 18**, 12 pm - 4 pm with Protestant **Chaplain Dan Bell**
- **Thursday February 20**, 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.