



02.07.25 This Week in Wellness

What are your boundaries?

All of us have boundaries. They are the lines or edges that define us. Are your boundaries strong and noticeable like a stone wall or are they flimsy like chicken wire?

In the realm of mental health, the focus is often on the emotional boundaries in relationships we have with friends, family, or romantic partners. However, boundaries are important in other aspects of our lives. Physical boundaries indicate how comfortable we are standing close to a friend compared to a stranger. Time boundaries determine how we schedule hours outside of school or the time we carve out to connect with friends, go for a walk or run, or engage in other self-care.

Understanding and negotiating boundaries is critical to your wellbeing while you pursue your education and training in the health professions. Healthcare professionals are particularly vulnerable to long working hours and putting patients' care needs above their own. But no one wants a burned-out doctor, PA, PT, dentist, or dietician caring for them. Now is the time to define your limits, and the type of boundaries you need to establish to be the best version of yourself in your field.

Feelings of resentment, continually complaining about the same person or issue, feeling powerless, feeling overwhelmed and drained, an inability to make decisions, and difficulty saying "no" are indicators of ineffective boundaries. If you are experiencing any of these, there is no better time to work on them than the present. As we approach Valentine's Day, remember that loving yourself will extend to how you show love and care for others.

Learn more about setting boundaries:

Check out this graphic describing [7 types of boundaries](#)

Listen to [Jay Shetty's interview with psychologist Lori Gottlieb](#)

Read one of these recommended books:

- [*Set Boundaries, Find Peace*](#) by Nedra Glover Tawwab
- [*Boundary Boss*](#) by Terri Cole

Next Week's Wellness Happenings

Order 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 and we'll wrap them with greenery and your choice of tissue and ribbon!

Our online store is open--click [HERE](#) to purchase! **Please order by NOON on Thursday, February 13 for pickup at the Valentine's Celebration.**

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



Scroll to the next page to learn more about our Valentine's Day celebration!

10 Minute Massages

Tuesday, February 11, 10:00 am - 1:00 pm, Office of Student Wellness, 200 Harrison Ave. Enter the building up the ramp and take the elevator to the 3rd floor [Sign up for your slot HERE.](#)

Chair massages are back! In just 10 minutes, you will feel refreshed and ready to tackle your next exam or item on your to-do list. This is a very popular event and space is limited! **Please arrive 5 minutes before your scheduled time so that everyone gets their full 10 minutes!**

Valentine's Card Making

Tuesday & Wednesday, February 11-12, 10:00 am - 4:00 pm, Office of Student Wellness

Show someone you care by making them a handmade card! Have fun using our supplies to express your creative side.



Yoga & Lunch To Go

Wednesday, February 12, 12:00 - 12:50 pm, Posner Lounge, 200 Harrison Street
Register [HERE](#) by Tuesday, February 11 by 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.

More Wellness Happenings ...

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!](#)

Join us for this exploration of practical mindfulness exercises focused on improving awareness of thoughts, sensations, and emotions to better manage distractions and respond to challenging situations. 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!



Valentine's Day Celebration

Friday, February 14, 12:00 - 3:30 pm, Med Ed 114

Please sign up [HERE](#) to help us plan

Feel the L-O-V-E as we celebrate Valentine's Day! Stop by to enjoy lunch, sweet treats, chocolate fountains, card making, our rose sale, and student performances!



MLK Jr. Lunch and Learn

Tufts University Rev. Dr. Martin Luther King, Jr. Celebration
WHERE DO WE GO FROM HERE?

Wednesday, February 12, 11:45 am - 12:45 pm

Jaharis Cafe, 150 Harrison Avenue

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 Lunch and Learn to celebrate the living legacy of Rev. Dr. Martin Luther King, Jr.

This event is open to all Tufts faculty, staff and students. Register by scanning the code completing the registration form. Please contact chaplaincy@tufts.edu with any questions.



Community Corner

We had an outstanding time learning all about taking care of our skin during the winter months during Monday's event with M28s in the Dermatology Club!

If you missed the presentation, their **Skincare for Everyone** posters summarize their key points and are on display in the office.



Thank you to **Ilona Ponyatyshyn** (pictured in the blue scrubs), **Emily Gartrell**, and **Cameron Neeson** (not pictured), for their terrific presentations!

Local Happenings

Bake it Til You Make it "Bowl"

Saturday February 8, 10:00 am - 6:00 pm

Virtual event link [here!](#)

Free baking classes combined with mental health topic conversations. This is a free event, but optional donations will support the LA wildfire recovery efforts.



Park-9 Puppy Bowl

Saturday, February 8, 1:00 pm - 6:30 pm

Park-9 Dog Bar, 48 Waters Avenue, Everett, MA

If you love the annual Puppy Bowl more than the Super Bowl, you will probably love this local spin on this tradition. Head to Everett, just north of Boston, to the Park-9 Dog Bar and enjoy the antics of adoptable puppies. Even if you aren't in the market to bring a puppy home, you are welcome to come and enjoy the cuteness..

Black History Month Marketplace

Saturday, February 8, 12:00 - 7:00 pm

1 Brattle Square, Space 2C, Cambridge

Find unique gifts for Valentine's Day, celebrate Black History Month, and support local Black-owned businesses at this pop-up shop near Harvard Square.

Lion Dance Parade & Cultural Village

Sunday, February 9, 11 am - 3 pm

2 Boylston Street China Trade Center, Chinatown

Celebrate the Year of the Snake at the Lion Dance Parade which starts at 11 am. The Cultural Village will have Chinese calligraphy and writing, origami and other crafts and live performances. More information can be found at [Chinatown Main Street](#).



Nourishment

Getting ready to watch the Superbowl this Sunday? Here's some inspiration from our 2nd Annual Chili Fest Winners! You can find more recipes shared by our student chefs at this [link](#).



Flat Iron Chili

Diana Ventura (D26) and her fiancé Eric Florez, known by the team name "Seven Deadly Peppers," won first place with a [recipe](#) created by Eric. This chili features flat iron steak and seven peppers, ranging from sweet to very hot.

Chili Con Crunch

Congratulations to Claire Goldman (M28) for her second place win with Chili Con Crunch! This vegetarian chili brings the crunch with corn chips mixed in. Claire followed this [recipe](#) from Bon Appetit, but added an additional chipotle chili for more spice.



White Chicken Chili

If you prefer chicken chili, then you might go with this [recipe](#). The Office of Student Wellness asked Jorid from the Food for Thought Cafe to make this chili as one of three we offered for lunch in addition to those students made for tasting..

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! [@etuftsstudentwellnessadvising](https://www.instagram.com/etuftsstudentwellnessadvising)



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 February 18**, 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.](#)