

**02.21.25**  
**This Week in Wellness**

## Be an Active Participant in Your Happiness

How do you define “happiness?” Social psychologist Sonja Lyubomirsky defines it as “an enduring state of mind consisting not only of feelings of joy, contentment, and other positive emotions but also of a sense that one’s life is meaningful and valued.” Her research, in conjunction with others’ work in the fields of happiness and positive psychology, suggests that we have some control over our happiness. How? Engage in strategies and purposeful activities that **cultivate happiness in the present moment** instead of searching for it. Consider these tips in your happiness journey!

**Be kind and practice gratitude.** Whether it’s volunteering once a month, helping someone with an exam, or thanking the server for memorizing your take-out order, connecting with others boosts the production of oxytocin and deepens the value of interdependence and cooperation in your community. Expressing gratitude boosts self-esteem and self-worth. People who practice gratitude tend to be more energetic, empathetic, and forgiving. Help yourself to the collection of thank you cards in our multipurpose room and share your gratitude.

**Make time for movement.** Regular exercise can help reduce stress, feelings of anxiety, and symptoms of depression while boosting self-esteem and happiness. Do a 10-minute walk between classes, incorporate stretching into your morning and nighttime routine, or join us for one of our yoga sessions.

**Distract and absorb yourself in activities** that divert your attention from dark or anxious thoughts. Playing an instrument, crafting, and solving puzzles promote **flow states**. We have coloring sheets and cardmaking supplies in the office to provide some fun distraction.

**Schedule novel experiences** like trying a new cuisine or exploring a park on the other side of town. The brain responds to novelty with positive emotions. We have ideas for you every week on the Local Happenings page!

Interested in unpacking the concept of happiness and learning additional ways to improve your well-being? Join Student Wellness Advisor Giselle, and OSW Intern Meagan, on March 5th for lunch and a discussion titled “Happiness in Practice.”

**[Sign up here!](#)**

# Next Week's Wellness Happenings

## Finding Calm in the Storm: Interfaith Perspectives on Purposeful Resilience

**Wednesday, February 26, 12:00-12:50pm, Office of Student Wellness  
200 Harrison Ave, 3rd floor**



Join us for lunch, discussion, and reflection led by Muslim Chaplain Khan Shairani and Protestant Chaplain Dan Bell. The chaplains will talk about what resilience is, how to find meaning in our everyday lives, and how to persevere amid life's challenges by finding an "eye in the storm." To help us plan for lunch, please [\*\*RSVP here\*\*](#) by 12pm on 2/25.

## Evening Yoga with Vito

**Wednesday, February 26, 5:00-6:00pm, Posner Lounge,  
200 Harrison Ave, (Non-academic side)**

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

## 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!](#)**

This week we will work on improving our awareness around self-criticizing thoughts and how self-compassion practices can change the way we view ourselves, especially when facing challenging situations. We will provide snacks at all meetings and attendees will also receive a stress-relief gift each week.



## Wellness Gathering and Pet Therapy

**Friday, February 28, 2:30 - 4:00pm, Med Ed. 218-221**

Take a study break and join classmates, the Office of Student Wellness, and members of our community for tea, coffee, snacks, and a visit from friendly emotional support dogs. We'll have a variety of goodies available, both sweet and savory, to boost your energy.



# Community Corner

This winter brought weather conditions that likely interfered with your mood and plans. But don't fret, your fellow students have shared activities and practices to embrace winter. We asked students on the Boston campus for some encouragement to help us weather (pun intended) the final stretch of cold and inspiration for spring, only a month away!

## What activities are you participating in this winter that benefit your wellbeing?

"Winters are typically hard for me - especially with the sun going down before I leave lab. This winter, I'm focusing on staying busy, connected and keeping my well-being a priority. I'm making sure to stay social by attending at least two social events a week, which gives me something new/fun to look forward to for the week. I also make time to FaceTime and write letters to my friends back home, which really helps us stay close despite the distance.

In addition to staying social, I've been staying active with yoga at Tufts and using the ClassPass trial to explore new workout options. Working out is a pain but it really does put me in a good mood overall and it's a great way to clear my mind.

Most importantly, I am training myself to be more present in the moment, appreciating things like my youth, my family and friends, living in Boston and the SNOW! I'm originally from Texas, so the snow never gets old to me. It's been a winter of balance, connection, and mindfulness!" - **Carly, GSBS**

"This is my first winter in the Northeast so I've been enjoying activities such as ice skating, skiing, drinking hot chocolate, spending time with friends, and talking to my family during chilly commutes." - **Isha, TUSM**

## What activities are on your bucket list to complete before winter ends?

"I am looking forward to doing Yoga with Vito through the wellness office. He incorporates a lot of mindfulness, gratitude practice, and release of postural strain. It's the perfect complement to a day on the bench making mutants and testing them hunched over with my plaque assays. I'm excited to see what story my bacteriophage experiments will tell!" - **Liz, GSBS**

"My bucket list before the winter is over: see a musical/play, try a boxing class, read three books." - **Aiesha, Friedman**

## What are you looking forward to in March?

"In March, I'm excited to dive deeper into my research, see my new publications come out, and keep exploring my projects in artificial intelligence, chronic apical abscesses, and implant education in the dental field. It's a great time to analyze new data, collaborate with mentors, and prepare for upcoming conferences."- **Yash, TUSDM**

"In March, I'm looking forward to the change of scenery that comes with the trees and shrubs. They start budding and have interestingly resilient physiology. There's a line from a jazz standard - All the Things You Are, "You are the promised kiss of springtime, that makes the lonely winter seem long" and I think that holds true whenever I see friends or flora out in the sunshine after a cold snap! Who knows, let's hope that kiss of springtime will be a long-awaited phenotype from my experiments too!"- **Liz, GSBS**

## Check out our latest Student Story!

**Maria Brouard**, a student in the School of Medicine and Graduate School of Biological Sciences MD-PhD program, finished one full semester of med school before Covid-19 locked down campuses across the country in March 2020. However, she hasn't let that, and the many demands associated with pursuing medical education and research as a PhD student, stop her from taking care of her mind, soul, and body. Learn more about how Maria's family, faith, school and scientific communities, passion for refereeing soccer, and participation in Office of Student Wellness activities have kept her grounded during the first part of her Tufts journey by viewing her video [here](#) on the Office of Student Wellness YouTube channel.





# Local Happenings

## NEFO Fifth Anniversary Concert

**Saturday, February 22, 7:00 – 9:30 pm**

**First Church in Cambridge, 11 Garden Street, Cambridge, MA**

Join the New England Film Orchestra (NEFO) to celebrate their 5th anniversary. This musical journey will have an element of surprise as the orchestra plays an assortment of film scores from the past five years. This event is accessible on the Red Line. Learn more [here](#).



## Red Bull Heavy Metal

**Saturday, February 22, 2:00 – 5:30pm**

**Boston City Hall Plaza - 1 City Hall Square, Boston, MA 02203**

Enjoy snowboarding from a distance by watching some of the world's best riders compete in street snowboarding which involves tackling custom-designed rails, gaps, and creative features at City Hall Plaza. The event is open to the public so arrive early for a good viewing spot. Click [here](#) for more information.

## Film at the MFA: This Woman (這個女人)

**Sunday, February 23, 2:30 – 4:00 pm**

**Harry and Mildred Remis Auditorium, 465 Huntington Avenue, Boston, 02115**

Films can be a great way to expand your understanding of other cultures. The debut feature from filmmaker Alan Zhang takes place in contemporary China with the focus on a woman coping with loss and struggling to balance a desire for freedom with the expectations of the people around her. Click [here](#) for additional film information. Buy tickets in person at a reduced price with your student ID.

Check out the [Boston Calendar](#) for additional happenings in and around the Boston area!

# Nourishment

It's chilly out there, but don't fret, seasonal produce is still available! Click [here](#) to find winter farmers' markets across Massachusetts! If you live outside of Boston google "winter farmers' markets" to see what might be in season near you. [Misfits Markets](#) is also worth checking for produce deliveries. The vegetables in this week's recipes should be available at local farmer markets.

## Lentil Bolognese

Try this [recipe](#) for a vegetarian twist on a classic Italian dish. Lentils are packed with satisfying protein and fiber. Serve the sauce over pasta of your choice or zucchini noodles.



## Winter Spiced Chickpea Power Bowls

A winter-inspired meal does not require a lot of time or dishes. This combination of spices, sweet potatoes, pepitas, and dried cranberries provide the warmth and comfort in this meal. Find the recipe [here](#).

## Flourless Almond Butter Chocolate Chip Cookies

Have a sweet tooth but want to try a healthier version of your favorite treats? This gluten-free [cookie recipe](#) has only 5 ingredients and may be just the thing to satisfy your craving for cookies.



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.Snaggs@tufts.edu](mailto:Sharon.Snaggs@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 March 6**, 12 pm – 4 pm with Muslim Chaplain Khan Shairani
- **Tuesday March 25**, 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.](#)