



02.28.25
This Week in Wellness

Wellbeing Check Up

If the shorter days and frigid temperatures have challenged your energy and mood, the beginning of March can be a sign of relief. Spring Equinox is only twenty days away! The new season will bring longer sunlit days, milder temperatures, and new green grass and leaves replacing the cold white and brown landscape of winter.

Spring's rejuvenation can be a natural time to harness this energy of growth and reflect on some of our own wellbeing intentions for the year. If you started 2025 with resolutions, intentions, or goals, consider how well you've done so far. If you've found yourself off your intended plan, this may be a good time to pay thoughtful attention to your emotional and physical states as well as the connection you have to community in your life.

Two of the most common elements of wellbeing that students often discuss are **tension/anxiety** and **balance**.

Check your level of tension or anxiety

How often do you feel tense or anxious? Is it hard to unwind at the end of the day?

While your lifestyle may be fast-paced and frequently stressful, making time for behaviors like mental breaks and moments of relaxation may help moderate your stress. Relaxation is a skill that *many of us* have to learn and practice.

[OSW Resources to help you learn and practice relaxation:](#)

Time for Pause with Jen Check the newsletter for dates and location

Yoga with Vito Check the newsletter for schedule and signup

Check your level of balance

Are you getting in some "me-time"? How about physical exercise? Time with friends?

A balanced life while pursuing advanced studies may seem unattainable, but it is never too late to set, or reset, your intentions.

If you are looking for a plan to create more balance in your life or address other issues of wellness, please reach out to us at studentwellnessadvising@tufts.edu.

Next Week's Wellness Happenings

PI(E) DAY IS COMING!

The Office of Student Wellness will be serving up pie to celebrate Pi Day on Friday, March 14! Help us plan ahead by voting for your favorite pies

HERE by Friday, March 7.



Yoga & Lunch To Go with Vito

Tuesday, March 4th, 12:00 - 1:00 pm

Posner Lounge, sign up here.

One of the best afternoon breaks between classes is Vito's Yoga Session in Posner Lounge. Please **sign up by 3:00 on Monday, March 3, to select your lunch.**



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. All are welcome: It's never too late to join our community!



Happiness in Practice Lunch

Wednesday, March 5th, 12:00 - 12:50 pm

Office of Student Wellness, sign up here.

Join Student Wellness Advisor Giselle and OSW Intern Meagan for a lunchtime session on happiness. Unpack the concept of happiness and learning additional ways to improve your well-being.



Phone-Free Friday Fun!

Friday, March 7, 4:00 - 6:30 pm

Office of Student Wellness, click here for more information and to sign up

Join us for a celebration of the Global Day of Unplugging! We'll stow your phone in a safe place while you enjoy snacks, craft projects, and a light wrap-up supper and discussion. **Space is limited, so registration is required.**



Local Happenings

Outspoken Saturdays

Boston Public Library, 700 Boylston Street
2:00 pm - 3:00 pm

The GBH studio housed in the main branch of the Boston Public Library hosts a spoken word poetry event every Saturday of the month with artist Amanda Shea. This is a FREE event, but due to limited seating in the studio, it is advised to sign up for a free ticket.



Restaurant Week/ Dine Out Boston

Sunday, February 23 - Saturday, March 15
Participating Restaurants can be found at
DineOutBoston.com

For three weeks Boston's restaurants offer prix-fixe lunch (\$22-\$32) and dinners (\$36-\$55). This is a GREAT way to try some of the city's finest restaurants at a lower price.

The logo for 'DINE OUT BOSTON SINCE 2001'. The words 'DINE' and 'OUT' are in grey, 'BOSTON' is in large red letters, and 'SINCE 2001' is in smaller grey letters below. The logo is set against a white background with a red swoosh above and below it.

DINE OUT
BOSTON
SINCE 2001

The Boston Run Show & Outdoor Expo

Boston Convention Center, 415 Summer Street
Saturday, March 1, 10 am - 5 pm
Sunday, March 2, 11 am - 4 pm

While the promotion lasts, sign up for free entry with code: BOSTON CALENDAR This event's many vendors and raffle prizes will get you thinking spring and looking forward to being back outdoors. Check out their climbing wall, paddle board simulator, all day yoga sessions and so much more!



Nourishment

If multiple priorities are limiting your time for food prep, recipes written for simplicity can make your time in the kitchen efficient and still fruitful. Below are examples of a sheet pan recipe that simplifies cooking steps (and cleanup) and a limited ingredient recipe which could save you a trip to the grocery store!

Orange Scones with only 5 Ingredients



This vegan recipe is easy and will be ready in 30 minutes. The ingredients you likely have on hand: self-rising flour (or flour mixed with baking powder), orange juice, plant-based milk, orange zest and olive oil. Find this [recipe](#) and more of Carine's tasty creations on the site [the conscious Plant Kitchen](#).

Crispy Sheet Pan Gnocchi with Sausage and Peppers

This fun sheet pan [take](#) on sausage and peppers cleans up easily, and uses common ingredients. Vegetarians can either substitute plant-based sausage or omit sausage entirely. You can find shelf-stable gnocchi in the pasta section of the grocery store.



Black History Month may be coming to an end, but the celebration can continue with these [recipes](#). Or, let someone else do the cooking and head over to these local restaurants:

Soul on Shawmut

722A Shawmut Ave., Roxbury

The Coast Cafe

233 River Street, Cambridge

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.Snaggs@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

- **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.](#)