



03.07.25 This Week in Wellness

National Nutrition Month: Connect with Food!

March brings the start of Spring, the promise of warmer temperatures, and an opportunity to reboot our habits after hunkering down for the winter. It is also National Nutrition Month! This year's theme, **Connect with Food**, encourages us to learn more about cooking, meal prep and planning, and local food sources. Connecting with food is also a great way to explore the history and cultural significance of meals that nourish our bodies, minds, and souls. If you are looking for ways to reconnect and refresh your meals, remember to stick with trying one thing at a time to keep changes manageable and more likely to become new habits.

Here are a few ideas to consider:



Learn to cook something new!
Seek out a cooking demo on TikTok or YouTube.

Attend a live event, like this one at the Boston Public Market.

Join Chef Christopher Kimball's Milk Street for \$1 and get 12 weeks of access to online classes.



Try a new recipe! You'll find quick and easy examples in our **Recipe Archive!**
Or for a taste of Boston, download the city's **free Community Cookbook.**



It may be winter, but Boston still has several **farmer's markets** to check out!

Next Week's Wellness Happenings



Time to Spring Forward!

Remember to set your clock **ahead** one hour before you go to bed!



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 320 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!

Evening Yoga with Vito

**Wednesday, March 12, 5:00 - 6:00 pm
Posner Lounge**

Vito's Wednesday evening yoga class is sure to give you the break your mind and body need. No sign up required -- bring your own mat or towel.



PI(E) DAY CELEBRATION

**Friday, March 14, 12:00 - 5:00 pm (or until we run out of pie)
Office of Student Wellness, 200 Harrison Street, 3rd floor**

Stop by the office and celebrate Pi Day by trying some pie! Sampling will begin around noon and continue throughout the afternoon until the office closes or we run out!



HAPPY PI DAY

Local Happenings

Saturday is International Women's Day! Although the weather is looking to be a little brisk, if you want to get out and learn more about the contributions of local women, here are a few activities worth checking out.

Coretta Scott King Tribute: One Soul, One Dream

March 8, 8:00 pm

**New England Conservatory, Jordan Hall,
290 Huntington Avenue**

Coretta Scott was a student at the New England Conservatory when she met Martin Luther King, Jr. This special concert will celebrate Scott King's words and legacy. Admission is free, but tickets must be ordered in advance.



Dine Out Boston: Women Led Restaurants

Through Saturday, March 15

Treat yourself with a great meal and support local women led restaurants during **Dine Out Boston!** Here are a few to check out:

Estragon Tapas Bar (Spanish), 700 Harrison Avenue

La Morra (Northern Italian), 48 Boylston Street, Brookline

Sumao Hunan Kitchen (Chinese-Hunan), 270 Third Street, Cambridge

Porto Boston (Coastal Italian), 780 Boylston Street

Boston Women's Memorial and Women's Heritage Trail

Anytime!

**Commonwealth Avenue Mall, between Fairfield
and Gloucester Street**

Visit the Boston Women's Memorial, a unique group of "talking statues" voiced by prominent contemporary women, Mayor Michelle Wu, Attorney General Andrea Campbell, and Congresswoman Ayanna Pressley. From there, you can enjoy a variety of thematic or neighborhood-specific self-guided walks along the Women's Heritage Trail.



Nourishment

As we transition to spring and get ready to finish this semester strong, check out these recipes to help boost your immune system with vitamin C and ingredients that support a healthy gut microbiome. And because we're all busy these days, these recipes have 4-6 ingredients total and can be made in 15 minutes or less.

Orange-Mango Smoothie



If you love Creamcicles, this smoothie is right up your alley! With only four ingredients, this non-dairy blended breakfast is chock-full of vitamin C from oranges and mangoes. It's sure to brighten your morning!

Mixed Greens with Lentils and Sliced Apple

Fiber-rich foods like apples and lentils nourish the helpful bacteria in your gut. If you take good care of them, they will do the same for you! This six-ingredient salad is easy and fast enough that you can make it fresh in the morning before you start your day.



Mason Jar Power Salad with Chickpeas and Tuna

Pull out your Mason jar from last fall's Breakfast and Lunch to go and fill it with this layered salad. This meal features dark leafy greens and fiber for a healthy gut, and lots of protein for lasting energy.



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 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.

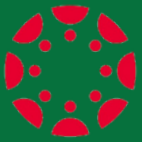


To schedule a Zoom or in-person appointment:
Use [this link](#)
or send an email to Sharon.Snaggs@tufts.edu,
or Giselle.Pisani@tufts.edu

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

- **Tuesday March 25, 12 pm - 4 pm with Protestant Chaplain Dan Bell**
- **Thursday April 10, 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.