



03.07.25
This Week in Wellness

Women's Contributions to Health and Wellness

Every year the National Women's History Museum considers a theme for March that honors the lives and legacies of women by featuring their contributions, struggles, and triumphs that paved the way for future generations to have more liberties, resources, protection, and guidance. "Moving Forward Together! Women Educating and Inspiring Generations" is this year's theme, signifying to everyone the continued value and support for women who come together to challenge the status quo by being resourceful, persistent, and confident. Many women in medicine have improved people's health and wellbeing, especially for the most vulnerable individuals, without becoming household names. Women in the public eye, like Jane Fonda, Michelle Obama, and Arianna Huffington, have raised awareness about the value of physical fitness, healthy food and exercise, and quality sleep. In recognition of Arianna Huffington's advocacy, and Sleep Awareness Week (3/9-3/15), take some time to learn about the benefits of sleeping more.

Women's History Month is a great time to celebrate the women in our community who make a difference in our daily lives. On our campus, many female faculty and staff are engaged in educating and inspiring our students to move the Tufts community, and the world, forward. Click here to read the interviews with some of these women. Consider honoring some of the women in your lives through a letter, volunteering, or click here for more ideas to celebrate women!

Spring Break Travel Tips

We hope all students who have spring break next week enjoy some much deserved rest! Whether you are traveling near or far, below are safety tips that can help guarantee a relaxing and rejuvenating time off.



- Research taxi and other ride-share companies before traveling. Make sure they are licensed and reputable.
- Find out where the nearest emergency services--like police stations and hospitals--are located in case of an emergency.
- If you are traveling abroad, identify the U.S. embassy or consulate in case of an emergency (such as an arrest, needing medical care, or your passport is lost/stolen.)
- Schedule a maintenance check and make necessary repairs if you plan to travel using your vehicle.
- Before your road trip, familiarize yourself with the routes you're traveling and the weather forecast.
- Avoid traveling in busy sections of train cars or on crowded buses and keep valuables out of sight to protect yourself from pickpockets.
- Don't share detailed travel information with strangers and on social media until after you return.
- Make sure your phone and other personal devices have a "find my phone" or similar GPS tracker for emergencies. Consider sharing your location with a trusted contact back home in case of an emergency.
- Download map applications that work with GPS instead of data to ensure you have access to local maps and routes. Keep your mobile device charged.
- If meeting with a stranger, you should strongly consider meeting only in public places and avoiding isolated locations, such as residences or hotel rooms, where crimes are most likely to occur.



Community Corner

"Photographs open doors into the past, but they also allow a look into the future."

- Sally Mann

Whether it's a new or repeated event, we hope to continue providing a space for ALL students to **connect, build community, and recharge!**

Phone Free Friday Fun



Mini Wellness Gathering



Pi(e) Day



Happenings in and around Boston

Short Getaways

If you are staying in Boston and have extra time next week, consider exploring new areas outside of Boston. Consider visiting Massachusetts's Parks or taking the Amtrak train to explore the Northeast.



Women's Market at Night Shift Brewing

Saturday, March 15, 12:00-5:00pm,

**Night Shift Brewing (Everett Taproom) 87 Santilli Highway,
Everett, MA 02149**

Celebrate Women's History Month by shopping at various women-owned small businesses under one roof. This Night Shift location is close to Wellington Station (Orange Line). Parking and food is also available. Click [here](#) for more details!

Boston's St. Patrick's Day Parade

Sunday, March 16, starts at 11:30am

Parade Route begins at Red Line (T)'s Broadway stop

The **Boston St. Patrick's Day** Parade celebrates the city's Irish immigrants by showing solidarity in their new home, honoring their birthplace, and paying respect to the Patron Saint of Ireland. Expect bagpipes, brass marching bands and large crowds. Since March 17 is also Evacuation Day, which commemorates the ousting of British troops from the city in 1776, military units and veterans will be honored.



Nourishment

In honor of National Nutrition Month, check out these recipes approved by registered dietitians.

Stovetop Vegetarian Tortilla Pizza



Want to make a quick meal for loved ones but can't decide between cuisines? You don't have to with this 20-minute **recipe**.

Irish Soda Bread

Celebrate St. Patrick's Day by making traditional Irish soda bread! To check for doneness, insert a toothpick in the center of the loaf. If it comes out clean, it's finished baking. The toothpick trick works for most baked goods!



Beet Hummus



If you are a snacker and enjoy bright colors, try **beet hummus**! Choose fresh beets that are small and firm with deep maroon coloring, unblemished skin, and bright green leaves with no sign of wilting. The taproot (the thin, pointy tip of the root) should still be attached. Health benefits of beets include fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C.

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.

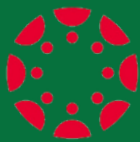


To schedule a Zoom or in-person appointment:
Use [this link](#)
or send an email to Sharon.Snaggs@tufts.edu,
or Giselle.Pisani@tufts.edu

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

- **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.