

03.21.25 This Week in Wellness

Spring-ing Forward

We're springing forward with warmer days and the possibility of al fresco lunches!

With the change of clocks and the start of Spring, it's a good time to check in with study and sleep habits so they serve you well as you move forward toward finishing your current goal. Making small adjustments to your weekly schedule now will help you later when you are facing the end of the term, the current phase of your program, or your time at Tufts. So pull out those planners and ask yourself: what is working, what isn't, and what small adjustments can help you stay grounded during periods of peak stress? We've got suggestions to get you started:

Study Breaks

- Plan some quick & easy meals
- Get moving:
 - Go for a 15 min walk to get some fresh air
 - Try OSW Weekly Yoga
 - Check out the Fitness Center in Med Ed
 - Join an exercise class like Zumba or HIIT
- Have lunch outside with a friend or classmate

Sleep hygiene reminders

Night Time

- Maintain a sleep schedule
- Adjust your bedroom conditions as best you can to make it cool, dark and, quiet.
- An hour before going to bed, limit bright screens and artificial light.

Check out this article about Balancing Professional School and Life

Next Week's Wellness Happenings

Time for Pause: Mindfulness for Health Sciences Students

Tuesdays, 4:30 - 5:00 pm OR Thursdays, 12:15 - 12:45 pm

March 25 & 27 meet in the OSW. 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!

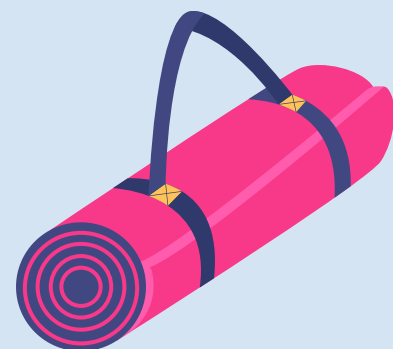
Evening Yoga with Vito

Wednesday, March 26, 5:00 - 6:00 pm

Posner Lounge

- No sign up required
- Bring your own **MAT** (or towel)

End your day with some restorative yoga practices to bring balance into your evening.



Benefits of Exercise

- Reduces risk of heart disease
- Improves memory and brain function
- Helps your body manage blood sugar and insulin levels
- Improves quality of sleep
- Reduces feelings of anxiety and depression

Refreshing your Workout after a Winter Hiatus

If your workouts got a little stale, or infrequent during the winter months, give yourself some grace. Shorter days, icy sidewalks, and the extra effort that is needed to make it to the gym for an indoor workout are common barriers to physical activity during the winter. If you are restarting your workout, check out these resources to do so safely:

[How to Get Back into Working Out](#)

[How to Start Running Again](#)

[Working out after a Break](#)

Local Happenings



March Madness!

It's already started, but there's still time to **print the bracket sheet** for **men's** and **women's** teams, and keep track of upsets and Cinderella stories. While there are no Boston basketball teams competing this year, some games are being hosted nearby in Providence, RI.

Spring Thrift Festival Market

Sunday, March 23, 1:00 - 6:00 pm

Reggie Lewis Center, 1350 Tremont Street

Spring is here, so if you love thrifting and are looking for some new clothes for the warmer months, take a study break and head to one of the **biggest vintage markets** in the region! There is no charge to enter and browse the wares of over 100 vendors, food trucks, and more. If this weren't enough, the greater Boston area has many more great **thrift and vintage stores** to help you refresh your wardrobe.



1.5 Run Club

Saturday March 22, 9 am - 11 am

Loco 412 W. Broadway, South Boston

Every Saturday this meet up runs a (free) 5K and 10 K routes from the taco shop. Check out their [instagram runsouthie](#) to see their popular followers! *15 m walk from Broadway Stop on Redline*



Check Out

More free events in Boston this week



Get Fresh at Local Markets

Friday 3 am - close & Saturday 4am to close

Haymarket Blackstone Street next to Boston Public Market/Haymarket T stop.

Saturday 9:30 am - 1:30 pm

Somerville Winter's Farmers Market Arts at the Amory 191 Highland Avenue, Somerville

Saturday 12 - 3 pm

Jamaica Plain Farmer's Market Bank of America parking lot at 677 Centre Street

Nourishment

Meal Prep: Smoky Chicken & Cinnamon Roasted Sweet Potato

This recipe provides your shopping list and the basic steps to pull this meal together for a weeknight dinner or lunch. While the flavor and ingredients are simple, the combination is still delicious and satisfying.



Pasta Primavera with Peas, Asparagus and Kale

This recipe combines fresh spring greens found at your local market with a pantry staple. Add a protein of your choice like rotisserie chicken, sausage, vegetarian meatballs, or a portion of cheese and this is ready in a total of 35 minutes.



Ground Chicken Tacos with Creamy Salsa

This quick and easy recipe includes a homemade salsa recipe. Of course, to cut your ingredient list and time short, a jar of salsa can be substituted with the addition of sour cream!



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.

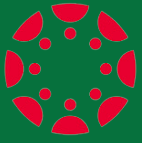


To schedule a Zoom or in-person appointment:
Use [this link](#)
or send an email to Sharon.Snagggs@tufts.edu,
or Giselle.Pisani@tufts.edu

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](#)



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.