



**03.28.25**  
**This Week in Wellness**

## Get Ready to Spring into Action!

April begins next week, and with the new month, the Office of Student Wellness is launching a month-long celebration of movement. We hope to challenge you to reboot your physical activity, try something new, and make a plan to dedicate a little time on a regular basis to efforts that support physical and emotional wellbeing.

Over the coming weeks, you can look forward to participating in a [wide variety of movement-based activities](#), on and off-campus. Old favorites will include [Vito's yoga sessions](#) in Posner Lounge, the [step challenge](#), and [virtual 5K](#). Next Friday, we will offer two special opportunities: a [bonus yoga class at Beacon Hill Yoga](#) and [indoor rock climbing at Central Rock Gym](#). A [special session in the Med Ed Tauber Fitness Center](#) will introduce you to planning your own gym workouts. We've scheduled [free spin classes at SoWa Health and Fitness](#) in mid-April. Jen will dedicate Thursday Time for Pause sessions to [Tai Chi](#), a practice often called "meditation in motion."

But wait, there's more! There will also be participation prizes! As always, step challenge and virtual 5K participants will be eligible to win gift cards. In addition, participating in designated "challenge" activities will enter you into a raffle to win a themed gift bag.

**Read on to find a full list of this month's Spring in to Action movement challenges!**

We in the Office of Student Wellness recognize that we are living in stressful times, not only due to expected anxiety related to final projects, exams, and other academic activities, but from the uncertainty created by the state of world affairs. Movement and community are valuable and effective methods of managing distress and building resiliency. We hope you will join us this April as we find moments of joy and mutual support by moving together.

# Next Week's Wellness Happenings

## Yoga and Lunch to Go

**Tuesday, April 1, 12:15 - 12:45 pm**

**Posner Lounge, 200 Harrison Avenue**

**Sign up for your lunch [HERE](#) by 4:00 pm, Monday, March 31**

Join Vito and kick off our month of movement! Take a midday break from the classroom or lab to stretch out tight muscles, breathe deeply, and enjoy the flow.

## Time for Pause: Mindfulness for Health Sciences Students

**Tuesday, April 1, 4:30 - 5:00 pm, Office of Student Wellness, 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!

## Tai Chi with Jen

**Thursday, April 3, 12:00 - 12:45 pm, Med Ed 320**

**Sign up [HERE](#)**

Tai Chi is an ancient practice that is often called "meditation in motion." The slow, deliberate movements promote mindful awareness, improved balance, and lower body strength. Our weekly sessions are beginner friendly and no special equipment or attire is required, beyond an open mind and comfortable clothing.

If you are unfamiliar with Tai Chi, check out Jen's explainer video [HERE!](#)

## Two Great Ways to Start your Weekend!

Whether you are starting your weekend, or your Spring Break (we see you Dental students), we have two great movement challenges for you on **Friday, April 4!**

**Both sessions start at 1:30 pm.**

**Heated Yoga Class with Lara (M28), [Beacon Hill Yoga](#), 1 Grove Street, 2<sup>nd</sup> Floor**

**Sign up [HERE](#) by Thursday, April 3**

Enjoy this special heated vinyasa class that is strengthening and relaxing. Suitable for individuals of all levels. Bring your own mat or borrow one of ours.

**Indoor Rock Climbing, [Central Rock Gym](#), 99 Beverly Street (near North Station), Sign up [HERE](#) by Thursday April 3**

Great event for beginners and seasoned climbers alike! Take a study break and try bouldering.

# SPRING INTO ACTION

This April join the OSW and kickstart your spring with a variety of in-person and virtual movement challenges! Participants will be entered to win prizes!

  SIGN UP LINKS WILL BE IN THE WEEKLY NEWSLETTER

FOR MORE INFORMATION ON THE STUDIOS & GYMS,  
CLICK ON THE LOCATIONS TO HEAD TO THEIR WEBSITES

	<b>APRIL 1, 12:00-12:50PM</b>	Yoga & Lunch to Go	 POSNER LOUNGE 
	<b>APRIL 3, 12:00-12:50PM</b>	Tai Chi with Jen  EVERY THURSDAY	 MED ED 320
	<b>APRIL 4, 1:30-5:00PM</b>	Indoor Rock Climbing	 <u>CENTRAL ROCK GYM</u> 
	<b>APRIL 4, 1:30-2:30PM</b>	Heated Yoga Class	 <u>BEACON HILL YOGA</u> 
	<b>APRIL 5 - MAY 3</b>	Spring Step Challenge	 RECORD STEPS ONLINE
	<b>APRIL 9, 5:00-6:00PM</b>	Evening Yoga	 POSNER LOUNGE
	<b>APRIL 10, 7:30-8:30AM</b>	Gym Session	 MED ED GYM
	<b>APRIL 15, 12:00-12:50PM</b>	Yoga & Lunch to Go	 POSNER LOUNGE 
	<b>APRIL 16, 1:00PM &amp; 4:00PM</b>	Spin Classes at SoWa Health & Wellness	 <u>SOWA HEALTH &amp; WELLNESS</u> 
	<b>APRIL 18 - APRIL 21</b>	Virtual 5K	 ADD YOUR TIME ONLINE
	<b>APRIL 25, 11:30-2:30PM</b>	Wellnesspalooza	 JAHARIS PARK* *RAIN LOCATION: MED ED 114
	<b>APRIL 28, 12:00-1:00PM</b>	Success is not Linear Panel Discussion	 MED ED 114 
	<b>APRIL 29, 10:00-2:00PM</b>	10 Minute Massages	 OSW 
	<b>APRIL 30, 5:00-6:00PM</b>	Evening Yoga	 POSNER LOUNGE



# Nourishment

As you make plans to spring into action this April, consider trying some new high protein recipes to provide lasting energy and fuel for muscle recovery.

## Turmeric Chicken and Avocado Wraps

This **recipe** for chicken salad wraps included chickpeas for some bonus protein. These sandwiches are easy to customize by adjusting the seasonings, the type of mayo, and choice of wrap. Turmeric's anti-inflammatory effects may also be beneficial post-workout.



## Brothy Lemon-Garlic Beans

A simple and comforting bowl of **white beans**, accompanied by some whole-grain bread and a side salad may be just what you need after a long day on campus or after your workout. This fiber-rich recipe is also great for gut health.



## Pump up the Protein in your Salad!

Green salads are a great way to increase your hydration and intake of vitamin- and fiber-rich veggies but they can also get boring. Here are some ideas to get you going:

- Protein-rich whole grains: sorghum (gf), farro, and hemp seeds (gf)
- Beans and legumes: chickpeas, edamame, and lentils
- Nuts and seeds: pumpkin seeds, almonds, sunflower seeds, and pistachios
- Meat, seafood, and soy: rotisserie chicken, canned tuna or salmon, and tofu

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 April 10, 12 pm - 4 pm with Muslim Chaplain Khan Shairani**
- **Tuesday April 22, 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.

