



04.11.25

This Week in Wellness

Just Keep Moving Forward

If you are motivated to move, you are in good company! In the first two weeks of Spring into Action, students have enjoyed yoga with Vito, a special session of hot yoga, indoor rock wall climbing sessions, an introduction to strength training in the Tauber Fitness Center, and Tai Chi. The first week of the Step Challenge is off to a roaring start, with **over 1.6 million steps taken thus far!**

If this is your first spring in Boston and you hail from a warmer climate, you may be wondering when the beautiful weather will arrive. Although we've had a handful of warmer, sunny days, there's been a fair amount of dreary, damp ones as well. Spring in New England reminds us of the importance of appreciating and navigating the present moment, regardless of the weather. When the sun shines, the temperature rises, and your mood lifts as a result, take advantage of that bit of uplift and get outside for even a ten minute walk around the block. When the weekend forecast is filled with clouds and rain, channel your inner child: put on a warm base layer, a waterproof outer layer, your rain boots, and head outside to step in some puddles and notice what is beautiful in the world when rains. April showers will bring many May flowers, along with green grass and budding trees, so we can see signs of hope even on the cloudiest days.

You can count on the Office of Student Wellness to cheer you on with more movement challenges, both inside and out! This coming week you can look forward to **spin classes at SoWa Health and Wellness** and more **Tai Chi with Jen**. The **Step Challenge** continues through the beginning of May and it's not too late to participate. Just keep moving forward, in your studies and with your feet!

Next Week's Wellness Happenings

JOIN US ON **TUESDAY, APRIL 15,**
FOR **MOVEMENT, PET THERAPY,**
AND **MINDFULNESS!**

YOGA AND LUNCH TO GO

12:00 - 12:50 pm

Posner Lounge, 200 Harrison Avenue

Sign up for your lunch [HERE](#) by 4:00 pm, Monday, April 14

Join Vito and 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

4:30 - 5:00 pm

Office of Student Wellness

Take time for a mental rest and reset by joining Time for Pause. You will learn a new skill for managing life's stressors, give your nervous system a much needed break, and meet students from other schools and programs on our campus.

WELLNESS GATHERING + PET THERAPY

2:30 - 4:00 pm

Office of Student Wellness

Stop by the Office of Student Wellness for an afternoon study break! Enjoy snacks, treats, and pet therapy!



MORE MOVEMENT CHALLENGES!

LET'S SPIN TOGETHER!

Wednesday, April 16, 1 PM or 4 PM

SoWa Health & Wellness

560 Harrison Avenue

Sign up [HERE](#) by Tuesday, April 15

Choose from one of two afternoon spin classes. Dress to move and bring your water bottle!

TAI CHI AND LUNCH TO GO

Thursday, April 17, 12:00 - 12:45 pm

Med Ed 320

Sign up [HERE](#) for lunch by Wednesday, April 16 at 4:00 pm

Tai Chi's 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.

SPRING INTO ACTION

Step Challenge Update!

Way to Spring into Action! Between Saturday, April 4 and Thursday, April 10, you walked or ran 1.6 million steps, or about 800 miles!

Congratulations to our Week 1 Winners:

Lauren Roehrs (PA)

Kizinia Hamm (Dental)

Naina Qayyum (Friedman)

Alex Kaplan (MPH)

Emma Lofgren (GSBS-Boston)

Colette Fritsche (Medical-Boston)

Jaycee Choi (GSBS-Jax)

Peter Tao (Medical-Maine)

The Office of Student Wellness will email ALL winners at the end of the Step Challenge to get you your prize!



Wednesday, April 30, 12:30 - 3:30 pm

Learn more about this annual neighborhood event and sign up to volunteer [HERE](#).

Want to help lead a project team or help check-in volunteers? Sign up to be a leader

[HERE](#).

Community Corner



Congratulations to the Dental students for surviving "March Madness! We hope you enjoyed the celebration and your break!

Watch your inboxes (and our Instagram) for announcements about pop up lunches and study breaks in the Office!



Weekend Happenings

Hike through History this April!



With Patriot's Day just around the corner, it's a great time to highlight Boston history! The celebration of 250 years of American Independence will culminate next year on July 4, but the road to the Declaration **began right here in Massachusetts**. On April 19, 1775, the Revolution's first shots were fired in Lexington and Concord, an event commemorated in Massachusetts on Patriot's Day. However, if you plan to spend that holiday enjoying Marathon Monday, you can check out the following trails anytime to get some steps in and learn some local history.

The Battle Road Trail, Minuteman National Historic Park

The **Battle Road Trail** is a five mile walk that follows the route of local Minutemen (local citizen soldiers who defended cities and towns) and British soldiers on April 19. The trail connects several significant historic sites from the battle and includes interpretive signage along the way to tell the story of men and women who participated in and witnessed the event.

Parking is available at the **Minuteman NHP Visitor Center**, which reopens for the season on April 15.

You can also ride the Red Line to Alewife Station and then take a Blue Bike or bus to the Visitor Center. The Park Service also provides **biking directions** that connect to the Minuteman Bikeway.

Boston's Freedom Trail

You've probably already seen the red/brick line that winds through much of central Boston. This 2.5 mile path connects 23 points of interest from Boston Common to Charlestown Naval Yard. Download the **Park Service app** for maps and an audio tour.

Black Heritage Trail

The 1.6 mile **Black Heritage Trail** explores 10 locations on Boston's Beacon Hill, including the oldest Black church structure in the country. The Park Service app is your guide to the stories of Black Bostonians from the Revolution to Abolition.

Nourishment

Coconut Curry Salmon

There is something about a curry that adds a little warmth and comfort while these April nights are still chilly. This [recipe](#) is quick and nutritious, taking just 30 minutes to make. For a complete meal add rice and a side salad of your preference.



Carrot Cake Smoothie

Shake up your smoothie routine with this creative twist on a classic cake flavor (but with a lot less sugar). This [smoothie recipe](#) combines carrot juice, banana, cinnamon, ginger, vanilla, and Greek yogurt, resulting in a breakfast that has the antioxidants, fiber, and potassium you need to get moving.



Ramen Noodle Salad in Jar

Mason jars are always great containers for make ahead salads that can be enjoyed on the go at lunch or at home. This ramen noodle salad [recipe](#) looks just as beautiful in jar as it is delicious! The edamame and peanuts add a punch of protein.



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.

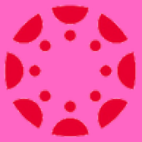


To schedule a Zoom or in-person appointment:
Use [this link](#)
or send an email to Sharon.Snaggs@tufts.edu,
or Giselle.Pisani@tufts.edu

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, April 22 , 12 pm - 4 pm with Protestant Chaplain Dan Bell**
- **Thursday, May 1, 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.