



Making it to the Finish Line

This is the week when Boston is “all marathon, all the time.” As it turns out, the marathon is a great metaphor for the academic semester, and for many students in our Health Sciences programs, this is the time of year when they may feel like they are “hitting the wall.” In distance running, this phrase describes when you have almost completely exhausted your glycogen stores. Your legs feel heavy because you have basically run out of gas. Marathon runners often experience this around mile 20, when the finish line is close but feels physically inaccessible. Many students reach a point during the semester when they feel similarly: the end (and a break) are in sight, but they have used up a lot of their mental and physical fuel.

Even if you hit the wall during a marathon, you CAN make it to the finish line and the strategies for doing so also apply to making it through your final projects and exams! Here are some tips and resources, including some [inspired by distance runners](#), to help you finish strong if you feel like you’ve “hit the wall”:

- **Try to remain calm.** The physiological stress response is a normal reaction to perceived threats, but it can be managed. This [list of ways to calm your mind](#) in stressful situations has great recommendations, from breathing exercises to short stress-relieving activities.
- **Stay fueled.** Just like your muscles, your brain is optimally fueled on glucose. However, when you are facing mental “sprints,” focus on [healthy carbohydrates](#) that will provide lasting energy (think whole grains) and key vitamins and minerals, instead of sugar, which is what your body needs when you hit the wall in a distance running situation.
- **Find a positive focus and visualize your success.** It sounds cheesy, but repeating affirmations to yourself like “you’ve got this,” there is [scientific evidence](#) to support its efficacy! [Visualizing](#) your success (such as walking at graduation) is also a powerful motivator.
- **Prioritize quality sleep.** Sleeping enough to feel rested provides a solid foundation to finishing strong. You will find it easier to stay calm, eat well, and be positive when you get enough sleep!

Next Week's Wellness Happenings

Final weeks of the Spring into Action Challenge!

Over 50 students have participated in Spring Into Action activities this month: yoga, Tai Chi, spin classes, climbing, and the gym session! Every time you participate you are entered into a raffle for 4 themed gift bags! There are two final opportunities to be entered into the raffle:

Tai Chi on 4/24 and Evening Yoga on Wednesday 4/30!

This Weekend: Virtual 5K!

Inspired by the upcoming Boston Marathon? Lace up those sneakers and get out for a 3.1 mile run or walk anywhere! Record your time [HERE](#) by Friday, April 25 at 9:00 am.



Tai Chi and Lunch to Go

Thursday, April 24, 2025, 12:00 - 12:50 pm, Med Ed 320

Sign up and choose your lunch [HERE](#) by 4:00 on Wednesday, April 23

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.

Success is Not Linear!

Monday, April 28, 2025, 12:00 - 12:50 pm, Med Ed 114 – Sign up [HERE](#)!

In life, there are ups and downs, and that is NORMAL! Success is not a steady upward climb but one that involves periods of highs and lows, peaks and valleys, plateaus, and even moments of surprising breakthroughs! Join us for lunch and hear from Doctors Dad, Healey, Pastan, and Yakhkind, as they share how they navigated periods of failure, struggles, and successes.

Wellnesspalooza!

Friday, April 25, 2025, 12:00 - 2:00 pm, Med Ed 114

Let's get together as a community to celebrate all aspects of wellness on the Health Sciences Campus! There will be educational materials, lots of swag, a taco bar and other treats, and fun raffle prizes!



Wellnesspalooza

THIS FRIDAY, APRIL 25TH

Bringing together elements of the Wellness Community here at Tufts University's Health Sciences Campus, Wellnesspalooza is a great way to collect tips and swag for the summer while celebrating your movement challenge accomplishments this month thus far!

Join the OSW and more this Friday, April 25th in Med Ed 114! We can't wait to celebrate with you!

see you there!

**FRIDAY, APRIL 25TH, 12:00PM - 2:00PM
MED ED 114**

SPRING INTO ACTION

Step Challenge Week 2 Update!

Our Step Challenge participants are CRUSHING IT!
You have taken **3,772,029 steps**, the equivalent of **1,886 miles!**



Congratulations to Week 2 Winners!!

Claudia M. Mañán Mejías (GSBS-Boston)

Kayla Green (Dental)

Miriam Mindel (Medicine-Maine)

Sarah Yaacoub (Medicine-Boston)

Diego Aparicio (PA)

Ashna Babani (Nutrition)

Maria Brouard (GSBS-Boston)

If you would like to see your name in the Winner's Circle, it is not too late to join the Challenge! Sign up and log your steps [HERE!](#)

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

Scenes from our Mini Wellness Gathering!



Weekend Happenings

It's a long weekend capped off by Patriot's Day (if you are in Boston), also known as Marathon Monday! Whether you love to move, are looking for inspiration, or just want to watch and celebrate some of the world's greatest athletes, it's a great time to be in Boston.

BOSTON MARATHON FAN FEST

Saturday, April 19, 11:00 am - 8:00 pm

Sunday, April 20, 11:00 am - 6:00 pm

City Hall Plaza



Boston Marathon Fan Fest is a free event open to the public and the place to soak in the race-week atmosphere and have fun as you gear up for race day as a participant or a spectator. Enjoy appearances by Boston Marathon champions, live music, activities, food trucks, and more! Check out the [Fan Fest website](#) for schedule details.

BANK OF AMERICA BOSTON MARATHON EXPO



Saturday, April 19, 10:00 am - 7:00 pm

Sunday, April 20, 9:00 am - 6:00 pm

Hynes Convention Center, 900 Boylston Street

The Boston Marathon Expo is a paradise for runners of all ages and abilities! Check out presentations from experts on sports nutrition and performance and appearances from past champions. There will be exhibitors selling all manner of running gear and plenty of photo ops! Click [here](#) for the current schedule.

129TH BOSTON MARATHON

Monday, April 21 - Waves leave from Hopkinton beginning at 9:05 am

Finish line closes at 5:30

Join the 26.2 mile party from Hopkinton to Boston! Download the [Spectator Guide](#) for the best information about where and when the runners are likely to pass through key locations on the course. Spectator areas are easily accessible via the [Commuter Rail](#) and the [MBTA](#) (although be aware that Copley station will be closed most of the day). Be on the lookout for the [Tufts Marathon Team](#) and cheer on fellow Jumbos!

There are lots of fun activities happening all weekend, including some not related to the Marathon. Check out the [Boston Calendar](#) for more events!



APRIL 23
12PM – 2PM

SPRING OPEN HOUSE AND ICE CREAM SOCIAL

**HOSTED BY THE OFFICE FOR MULTICULTURAL AFFAIRS AND
THE UNIVERSITY CHAPLAINCY**

You are invited to an Open House and Ice Cream Social

Please join us for an ice cream social and light refreshments as we invite you to visit us in our new space at 200 Harrison Ave. on the 3rd Floor of Posner Hall across from the Student Wellness Office.

WEDNESDAY, APRIL 23, 2025 | 12:00PM – 2:00 PM
150 HARRISON AVE. – JAHARIS CAFÉ & COURTYARD
Please RSVP marlene.jreaswec@tufts.edu by **2PM Mon. 4/21st**

Contact us with any questions:

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Chaplaincy



Nourishment

Rotisserie Chicken Fried Rice

This *Most Clicked -on Recipe of the Month* from the Today show website suggests its level of simplicity within its title – *Rotisserie* – in other words, store bought whole chicken! Winner, winner, chicken dinner! Save on Takeout and save on time!



Flourless Chocolate Cake

Whether you are celebrating Passover, avoiding gluten, or just want to enjoy a decadent chocolate cake, this recipe for flourless chocolate cake is sure to please. Created by the pastry experts at King Arthur Baking, 91% of its 763 reviews are five stars!



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:

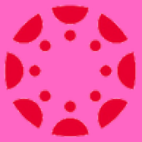
Use [this link](#)

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.