



04.25.25
This Week in Wellness

Reflection is Part of the Journey

Believe it or not, we are already about one-third through 2025! If you are in the Boston area, more frequent sunshine and warmer temperatures mean that Spring has FINALLY sprung. The end of April also means that for some, the semester (or your time at Tufts) may be winding down, for others, that a new term is starting soon. We are also wrapping up our Spring into Action celebration—congratulations to all who took advantage of trying a new type of movement in the midst of this busy season!

Every period of transition offers the chance for reflection. Therefore, consider pausing for a self-check-in to determine your progress towards intentions and goals that you set at the start of the semester or the beginning of April:

- Practice self-compassion if your inner critic scolds you for not progressing as you envisioned. As a student, you are a work in progress!
- Identify what was, and was not, in your control when obstacles presented themselves, and how you tackled them.
- Write down three accomplishments you have made in the past week or month to remind yourself of your forward momentum.

We hope you will join us for Monday's Success is not Linear panel discussion. Hearing from professionals in your field share the twists and turns they have experienced, is a great prompt for reflecting on your own journey. Remember, no matter how small, achievements result from planning, persistence, trial-and-error, and adjusting expectations. Regular reflection can lead to greater confidence, better emotional regulation, and improved decision-making skills.

Next Week's Wellness Happenings

Success is Not Linear

Monday, April 28, 12:00 - 1:00 pm

Med Ed. Rm 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.



10 Minute Massages

Tuesday, April 29, 10:00 am - 2:00 pm

Office of Student Wellness [Sign up HERE](#)

As we near the end of Spring into Action month, enjoy passive physical rest in the form of a 10-minute chair massage. While you wait, enjoy the snacks, refreshments, and company in the office.

Time for Pause: Mindfulness for Health Sciences Students

Tuesday, April 29, 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.

Evening Yoga

Wednesday, April 30, 5:00 - 6:00pm

Posner Lounge [Sign up HERE](#)

Close out the month with our last movement challenge, Yoga with Vito.

Bring your own mat or towel.



Tai Chi With Jen

Thursday, May 1, 12:00 - 12:45 pm, Med Ed 320

Although the movement challenge has concluded with the change of month, you can continue learning and practicing Tai Chi with Jen this Thursday!

Please sign up [HERE](#) so we know to expect you!

Community Corner



Congratulations to the Virtual
5k winners !

Kai Peng, (MPH)

Michelle Kim (Medical-Boston)

Ashna Babani (Nutrition)

Erica Perry (Medical-Boston)

Miriam Mindel (Medical-Maine)

Alexis Perry (Medical-Boston)

Congratulations to Week Three's
step winners !



Soyoung Lee (Friedman)

Alexis Pappas (Medical)

Kee-Lee Stocks (GSBS-Boston)

Zoe Levitan (MPH-Dual Degree)

Meghan Mulvey (Medical-Boston)

**Be part of the Winner's circle and
earn a prize! Sign up for the last
week of the Step Challenge [HERE!](#)**



Congratulations to the winners of the Wellnesspalooza raffle!

Beach Tote Winners:

Humu Mohammed (MBS)

Aliyyah Boyce (D28)

Jillian Lang (MS/MPH)

Miriam Mindel (M28)

Release Well-Being Center Gift Certificate:

Victor Wu (M28)

Fuji Ink Block Gift Certificate:

Shivani Merchia (MBS)

SPECIAL EVENT

Volunteer at Tufts Cherish Chinatown Cleanup on April 30th to
contribute to an aesthetically pleasing neighborhood!

Learn more [HERE](#) !



Weekend Celebrations in and around Boston

Japan Festival Boston 2025

Saturday, April 26, 11:00am- Sunday, April 27, 5:00 pm

Boston Common, 16 Charles Street, Boston, MA 02108

Learn about Japan's history and culture without leaving the state! Whether you enjoy supporting local businesses, trying new foods and music, or developing a skill, there is bound to be a booth for you! Click [HERE](#) for additional details!



29th Annual Greek Independence Day Parade & Festival of Boston

Sunday, April 27, 1:00 - 4:00 pm

Boston Common, MA 02108

For a change of scenery, check out the Greek Independence Day Parade to view the New England Evzones, representatives of the Greek Army. After the parade, see local Greek dance troop performances, and of course, there will be Greek food available for purchase! Click [HERE](#) for more information.

Traditional Irish Music Sessions

Saturdays at 4:00pm, Sundays at 12:00pm, and Wednesdays at 8:00pm

The Druid, 1357 Cambridge St, Cambridge, MA

Cross the river to Cambridge for a music session with reels, jigs, and hornpipes in an intimate space. Take the Red Line from Downtown Crossing to Central Square and then walk 16 minutes. Visit [The Druid](#) website for more information!



FOUND Earth Fest Boston Vintage Market

Sunday, April 27, 12:00-5:00pm

Cambridge Crossing, 222 Jacobs St, Cambridge, MA 02141

Check out vintage and sustainably-focused sellers AND participate in music-based activities at a large green space. Click [HERE](#) for additional details.



25/26 IKON PASS COLLEGE CLUB PROGRAM X TUSM SKI CLUB

- Ikon Pass discount for **Tufts Health Sciences students**
- Scan the QR code & complete the form – you will be emailed a Promo Code & pass purchase instructions
- Prices increase on **Friday, May 9th**
- Current Ikon Pass College Club Prices:

IKON BASE PASS

~~\$1,009~~
\$569

14 UNLIMITED SKIING &
RIDING DESTINATIONS

5 DAYS AT 40
DESTINATIONS

BLACKOUT DATES
SELECT PASS PERKS INCLUDED

IKON PASS

~~\$1,429~~
\$889

18 UNLIMITED SKIING &
RIDING DESTINATIONS

7 DAYS AT 42
DESTINATIONS

NO BLACKOUT DATES
ALL PASS PERKS INCLUDED



Nourishment

Buffalo Chicken Egg Muffins

If you enjoy spicy food, make these Buffalo Chicken Egg Muffins with 22g of protein per serving! To save time, buy pre-made buffalo sauce.



Sheet Pan Gnocchi with Spicy Sausage and Broccolini



Try out cauliflower gnocchi and a variation of broccoli with this recipe that also packs heat from the spicy sausage. Sheet pan recipes are great for meal prepping and easy clean up.

Easy Rhubarb Crisp with Raspberries

A spin on a familiar combo, pair rhubarb with raspberries! This recipe includes make-ahead and storage tips. Bonus tip--pick rhubarb with flat, rosy, celery-like stalks. The deeper the red color, the sweeter the rhubarb.



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**](#)



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 May 1, 12 pm - 4 pm with Muslim Chaplain Khan Shairani**
- **Tuesday May 13, 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.