




05.02.25
This Week in Wellness

In Every Story, There's Strength

May marks the start of Mental Health Awareness Month. This year's theme, "In Every Story, There's Strength," highlights how each person's unique story of challenges and resilience can help break down the stigma associated with mental health conditions.

Students who attended this week's "Success is Not Linear" panel heard three successful health care providers tell stories about professional and personal setbacks at various stages of their education, training, and professional practice. They shared powerful lessons about the value of having a growth mindset, managing expectations, and letting go of self-criticism. Students commented about how much **they appreciated the panel participants' vulnerability and honesty, noting that "these are things we don't hear about enough."**

Telling stories about challenges or mental health journeys is a courageous act and so is listening to and supporting these storytellers. Writing your story for your own benefit is also a brave step along this path. Psychologist James Pennebaker's work demonstrates that expressive writing about unsettling or even traumatic events can lead to improved mental and physical health. While the mechanisms behind the outcomes are still being studied, the process of sharing and listening to each others' stories helps us understand ourselves and each other.



Mental health
journeys are unique.
The strength we find
in them is universal.

Share your story at nami.org/mham

#MyMentalHealth



If you are interested in learning more about storytelling and mental health, two great places to start include:

- **I Am More**: Amy Kerr's beautiful portraits and her sitters' stories are powerful documents of healing and resilience.
- **Health Story Collaborative**: Dr. Annie Brewster, a Harvard-trained physician practicing in Boston, founded this organization after struggling with her own Multiple Sclerosis diagnosis. The Health Story Collaborative website highlights the therapeutic power of storytelling.

Next Week's Wellness Happenings

Support your mental health by participating in the final spring sessions of yoga, meditation and Tai Chi!

YOGA AND LUNCH TO GO

**Tuesday, May 6, 12:00 - 12:50 pm,
Posner Lounge**

Please **Sign up [HERE](#)** by 4:00,

Monday, 5/5 to select your lunch

Your body and mind will thank you for taking time to stretch and relax over the noon hour!

TIME FOR PAUSE:

THE MOUNTAIN MEDITATION

**Tuesday, May 6, 4:30 - 5:00 pm
Office of Student Wellness**

Join us for the final group mindfulness rest and reset for Spring. We'll conclude the series with Jon Kabat-Zinn's beautiful "[Mountain Meditation](#)" guided imagery practice. By sitting with the image of the mountain, we can find stability in the midst of life's storms.

TAI CHI WITH JEN

Thursday, May 8, 12:00 - 12:45 pm, Med Ed 320

Take a break and enjoy this relaxing group movement practice. This will be the last session for the Spring. Please sign up **[HERE](#)** so we know to expect you!

MAY AT-A-GLANCE



**Down Under Yoga--South End
Monday, May 12, 12:30 pm
505 Tremont Street**

Enjoy a midday yoga session at the South End branch of the [Down Under Yoga School](#). Bring your own mat or borrow one from the Office of Student Wellness. Sign up **[HERE](#)**.

**Annual Spring Ice Cream Social
Thursday, May 15, 12:00 - 2:00 pm**

Jaharis Park (Rain location: Med Ed 4th floor)

Support your mental health by taking a break and enjoying ice cream with members of the Health Sciences community! We will be scooping several flavors of Treadwell's Ice Cream, including non-dairy options and gluten-free toppings.

**Milk and Cookies in the Office
Date TBA, Office of Student Wellness**

Stop by the Office for freshly baked cookies and a cool glass of milk. Non-dairy and gluten-free options will also be available.



Community Corner

94 students participated in at least 1 Spring into Action Movement Challenge Events last month--an awesome effort everyone should be proud of! Congratulations to our Challenge Winners!

Coralie Knight (MS Nutrition/MPH)

Cassie Van Etten (Nutrition)

Emma Rosenthal (M28)

Kaylee Chang (M28) & Sabrina Bouchard (M28)

FINAL STEP CHALLENGE WINNERS WILL BE ANNOUNCED NEXT WEEK!

MAKE SURE YOUR STEPS ARE SUBMITTED BY MONDAY, 5/5



WELLNESSPALOOZA 2025

PHYSICIAN WELLNESS COMMITTEE

Wellness Grand Rounds

Thursday, May 15

Noon – 1 pm

Wolff Auditorium
or via Zoom

800 Washington St., First floor



Carrie Cunningham, MD

Carrie Cunningham, MD, MPH, is Associate Professor of Surgery at Harvard Medical School, Section Head of the Massachusetts General Hospital Endocrine Surgery Unit, Associate Director of Mentoring in the Department of Surgery.

Join guest speaker Dr. Carrie Cunningham, an advocate for mental health awareness, reducing stigma and enacting change to increased resources for those who are struggling in our community.

Poster presentations by Tufts MC wellness grant recipients.

Light refreshments before and after the event.

Co-sponsored by the Division of Palliative Care.



Click **HERE** to register for the Zoom presentation

AMA Category 1 CME available

Weekend Celebrations in and around Boston

Panda Festival

Saturday, May 3, 10:00am - 10:00 pm & Sunday, May 4, 10:00 am - 8:00 pm


City Hall Plaza

Head to City Hall Plaza this weekend to enjoy a celebration of Asian culture. Panda fest is one of the biggest outdoor Asian food festivals in the US with experiential activities, tastings, and market fairs that showcases the vibrant food, art, and cultural traditions from Asia. Click [HERE](#) to learn more!

Harvard Square Mayfair

Sunday, May 4, 11:00 am - 6:00 pm

Harvard Square, Cambridge



Head to Harvard Square for the 40th annual celebration of Spring. This year's main stage performers will pay tribute to the music of the 1970s. Mayfair will also feature stages for folk and dance performances. While in Harvard Square, also check out the Asian Street Food and Music Festival. Click [HERE](#) for the full schedule of performers and activities..

Cinco de Mayo at Bow Market

Sunday, May 4, 1:00 - 8:30 pm

Bow Market, Somerville, MA

Get a head start on Cinco de Mayo celebrations on Sunday at [Bow Market](#). From 1:00 - 5:00 pm, enjoy free, family-friendly activities. Ticketed events in the evening include tequila tasting and a margarita bar.



Lawn on D Opens for the 2025 Season!

420 D. Street, Boston, MA 02210

Lawn on D is the place to be in the city for free lawn games like cornhole, bocce, and giant Jenga, pickleball courts, a Kaleidoscope Garden, and a whimsical reflective space called the Urban Grove.

Check out the Lawn on D [website](#) for hours and schedules.



Nourishment

Spinach, Feta & Egg Stuffed Peppers

If you like quiche but don't feel like messing around making a crust, you might find this [recipe](#) to your liking! Enjoy these stuffed peppers for your weekend breakfasts with a side of fruit and still have some left for quick breakfasts early in your week.



Chopped Salad with Chickpeas, Olives & Feta



Since you will likely have some feta left over from the peppers, you could use it in this simple chopped salad [recipe](#). The salad itself will stay fresh and crisp for a couple of days if you store the dressing separately. If you have other leftover vegetables or proteins that fit a Mediterranean flavor profile, mix them in and get creative!

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.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

- **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.