



05.16.25
This Week in Wellness

Savor your Accomplishments!

Congratulations to all of our students who are graduating this weekend!

Pause for a moment and think back on the MANY experiences you have had during your time at Tufts, in the classroom, the lab, the clinic, and working or volunteering off-campus. While you may have felt overwhelmed in those moments, you overcame and adapted to these challenges. Now is the time to celebrate and savor your academic, professional, and personal accomplishments!

However, if graduation is still in the future, you don't have to wait until Commencement to consider what you've learned and how you've grown. No matter where you are in your Tufts program--just beginning, in the middle, or near the end--we encourage you take time to reflect on and savor your achievements thus far.

"Savoring" is often used to describe the process of slowing down to become fully aware of all aspects of a good meal or a decadent dessert, from the smells, the way the food is presented on the plate, to the complexity of its flavors. Positive psychologists have found that savoring is also a beneficial practice outside of the typical context of eating. Intentionally reflecting on and appreciating a positive experience may be helpful in preventing and reducing symptoms of depression, strengthening relationships, and counteracting the natural human bias toward negativity.

Ready to get started? Try these steps for savoring your extraordinary and everyday achievements:

Share positive moments with others.

Give yourself a pat on the back! It's OK to congratulate yourself!

Count your blessings and practice gratitude.

Stop and "smell the roses": take time to really notice beauty or joy as you encounter it.



WELLNESS HAPPENINGS

IN BOSTON OVER THE SUMMER?

THE OFFICE OF STUDENT WELLNESS IS HERE FOR YOU!

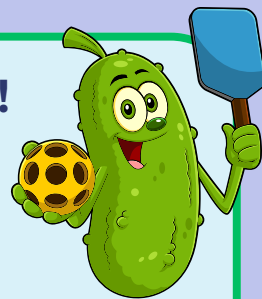
The Boston Health Sciences Campus gets quieter over the summer, but it's not empty! For students who have summer classes, are working in offices or labs, or have semesters that finish in June or start in July, don't forget that the OSW is here to support you. Stop by to refuel, take a break from the heat, or relax by making a card or working on a craft.

**As always, we plan to be open, Monday - Friday, 9:00 am - 5:00 pm.
We will be closed on University Holidays (May 26, June 19 and July 4).**

Follow us on Instagram ([@tuftsstudentwellnessadvising](https://www.instagram.com/tuftsstudentwellnessadvising)) to be the first to hear about pop-up events over the summer.

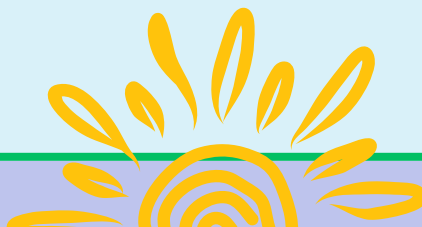
PICKLEBALL PADDLES AND KICKBALL AVAILABLE!

**Monday-Friday, 9:00 am -5:00 pm
Office of Student Wellness**



Connect with others through movement and friendly competition! Stop by the office to borrow our pickleball paddles or kickball and get out and enjoy the outdoors!

Check out the [Pickleheads](https://www.pickleheads.com/) website to find Boston pickleball courts and schedules. and the Boston Parks & Recreation [site](https://www.boston.gov/departments/parks-recreation) to find baseball diamonds for kickball.



COMMUNITY CORNER

Ice cream brought many smiles to the 4th floor of Med Ed on a drizzly day!



D28s getting some grub!

M3c!!

LOCAL HAPPENINGS

Free Ferry Weekend!



**Saturday & Sunday, May 17 - 18, 8:00 am - until tickets are sold out
Boston Harbor City Cruises Ferry Center at Long Wharf**

Did you know there are 34 islands and peninsulas in Boston Harbor and that you can visit many of them? The islands open for visitors this weekend with free ferry trips to and from Spectacle Island. Tickets are first come, first served, and will sell out quickly.



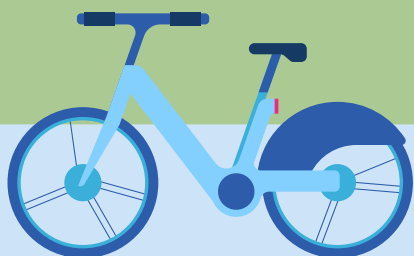
Greenway Spring Fest

Saturday, May 17, 11:00 am - 5:00 pm

Rowe's Wharf Plaza on the Rose Kennedy Greenway

The Greenway will come alive this Saturday with food trucks, an artisan market, family activities, and FREE FITNESS CLASSES! Click [here](#) to see the fitness class schedule, which features yoga, bootcamp, barre, parkour, self-defense, and more.

FITNESS



\$50 Bluebikes Credit

Through May 31, 2025

In recognition of National Bike Month and Mental Health Awareness Month, Blue Cross Blue Shield of MA, will provide free \$50 Bluebikes credit to encourage more people to experience the physical and mental health benefits of biking. There are 500 Bluebikes stations in 13 cities and towns in greater Boston. Check out some of the many terrific bike paths in the area, many of which are also adjacent to public transportation.

BLUEbikes SM

NOURISHMENT

Put some spring in your menu by adding seasonal produce to your meals. During May, you are likely to find asparagus and strawberries in greater abundance and for lower prices. Learn more about their benefits and enjoy tasty tips below!

All about Asparagus

Asparagus is a nutritional powerhouse! It is a good source of fiber, vitamins C & K, and potassium. Raw asparagus has a high amount of prebiotic fibers that feed healthy bacteria in the gut. Vitamin C supports a healthy immune system and vitamin K promotes proper blood clotting. Potassium is important for muscle contraction and heart health.

Asparagus can be prepared in many tasty ways, from steamed to roasted. Here are a couple easy options to try:

- Sheet-Pan Balsamic Chicken and Asparagus
- Cauliflower Gnocchi with Asparagus and Pesto



Get sweet on Strawberries

If you've attended Office of Student Wellness events, you know that we love to serve strawberries! Not only are they beautiful and delicious, they are packed with vitamin C and other anti-oxidant and anti-inflammatory compounds. Strawberries promote healthy hearts and brains, and like asparagus, healthy gut microbiomes.

Did you know that strawberries are great in salads? Enjoy these fresh ideas for using strawberries in your meals:

- Spring Pea Salad with Strawberries
- Baby Kale Salad with Quinoa & Strawberries



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. 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).

Tufts University Chaplaincy

Posner Hall, Room 305W

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.

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