



05.30.25 This Week in Wellness

There is More to Decluttering



The image on the left may be familiar to some of you. While everyone's experience is different, we likely all resonate with the concept of having our "mind full" of negative thinking, never-ending to-do lists, and other distractions. That's why it's important to remember that you have tackled so much in your life through trial and error, practice, and reflection.

As we ease into the summer months and hopefully a slower pace for most of you, it may also be a good time to start **decluttering** your mental and physical spaces and shift from a mind full of stressors, to being mindful of strategies for tackling them in the present moment.

Tip 1



Research shows that tidying your space helps decrease cognitive overload while improving focus and a sense of calm. Set a timer for 5-10 minutes to tidy up a small area in your living space (e.g., desk drawer, backpack, section of closet). Ask yourself if the items have a space in your home or if they can be donated or thrown out. When the timer goes off, what thoughts come to mind? They are likely more helpful and positive than when you started.

Tip 2



Declutter your mind with a brain dump. Write your thoughts on paper to help clarify and organize things currently on your mind. For thoughts and feelings associated with task completion, consider using a tool like the **Eisenhower matrix** to prioritize them.

Tip 3



Partake in mindful movement, creative expression or other activities that promote positive thoughts and states of being rather than doom-scrolling and binge-watching TV. Visit the OSW to borrow a pickleball set or enjoy a craft project.

How do you nurture your mental health?

As May, Mental Health Awareness month, comes to end, please continue nurturing your mental health. Perhaps you'll find something new to try in the responses below!

Being outside

Eating and working out

Surrounding myself with people who make me smile

Listening to music

Prayer and gym

Eating high fiber

Work out
Sunshine
Hugs
Sing
Running
Meditate

4 mile walk on Saturday morning

Ice cream w/ Reggie and Lo

Cooking pasta for friends

I always put myself first. No matter what. No exam or stress is worth me pulling my hair out!

Beach breaks

Take time off

Naps and time with my family.

Seeing my dog. ♡

Coffee, basketball, and naps.

Work out
Tai Chi
Hanging out at pool

Quality time with friends and family + running.

Indulging in my favorite treat, ice cream!

In summer, no guilt, fried fish + clams!

Sleep

Spa day!

Snaggs

Ogunquit Beach

- This will be our **last** weekly newsletter **until August**.
- This summer, **watch your inbox** for **special edition** newsletters.
- Follow us on Instagram **@tuftsstudentwellnessadvising** for uninterrupted wellness tips and inspiration!

- The Office of Student Wellness is here for you **all summer**.
- Stop by for a snack, beverage, or to say hello, **Mon-Fri, 9 am-4:30 pm**.
- The office **will be closed** for these **holidays: Thursday, June 19 and Friday, July 4**.

COMMUNITY CORNER

The end of the academic year presents a great opportunity to reflect on and reminisce about your growth and accomplishments. Just as being mindful comes with numerous benefits, so does planning for a promising future. Check out articles by the [NY Times](#) and [BookScouter](#) for various ways to engage in self-reflection.

At OSW we love using photos as a way to reflect and think ahead about the events and services we provide. Thank you for making all the wellness opportunities possible! Enjoy the snapshots captured below, on the next page, and in our [Spring Slide Show!](#)





SUMMER BUCKET LIST

Summer in New England is a wonderful time to attend free local concerts, explore trails, soak up the sun with a good meal and a book in hand, or simply sleep in! Begin your adventure with the following recommendations--some are for a day trip or weekend away! For those who are not in the New England area, hopefully these activities inspire your summer bucket list with destinations near you!

- **WBUR's Field Guide to Boston** has a great summer guide to area beaches, urban hiking, ice cream, summer festivals, and much more! Bookmark this site on your phone for easy access this summer!
- **\$10 Commuter Rail Weekend Passes** are a great way to enjoy New England without the stress of traffic. Boston University even created a **day trip guide** accessible to all!
- Visit New Hampshire and Maine using the **Downeaster train**, and you're bound to find some great seafood, blueberries, and old town charm. Explore less-visited **places like Dover, NH**, and **Brunswick, ME**.
- Take the **Providence/Stoughton line** to Providence, RI, for the **Waterfire** festival.
- Immerse yourself in nature and music at **concerts** throughout Massachusetts.
- Read for fun! The NY Times published its **Summer Beach Read list**. Check out a book from the Hirsh Library's Beach Read list. Feel free to browse books in the OSW.
- Play some of your favorite lawn games or do other outdoor activities at an **open space** near you!

NOURISHMENT

Honey Mustard Pretzel Chicken Bowls

Save the crumbs from your pretzel bag to make this recipe! The vegetables make the dish refreshing and nutritious. You can substitute salmon for chicken and vary the vegetables and grains based on what you have on hand.



Tuna White Bean Salad

For days when it's too hot to cook or a microwave won't be around--make this tuna white bean salad. This meal is high in protein and you can adjust the number of servings to fit your meal-planning needs!



Mushroom Toast with Fried Egg

Specific varieties of mushrooms become available in May and June. No matter the type of mushroom you eat, they are great for your health, containing both vitamin D and B that support your immune system. Start your day with mushrooms by making this breakfast toast.



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**](mailto: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.