



10.11.24

This Week in Wellness

Embracing Community no Matter the Season

This week we want to focus on how addressing one's social wellness contributes to improved physical and emotional well-being. In accordance with the Wellness Wheel introduced in last week's newsletter, social wellness is defined as "A sense of connection, belonging, and a well-developed support system." Most people likely associate friendships, romantic relationships, and family with meeting our social wellness. It is also important to think more broadly and at a deeper level about the foundation of social wellness.

The OSW considers students' shared interests, stressors, community spaces and multiple dimensions of wellness when programming events. Most recently, we hosted the seminar "Embracing Winter in Boston" where students learned tips and tricks to tackle a colder season together. Social wellness also means putting forth effort trying new activities that involve meeting people, showing gratitude towards others (like on Good Neighbor Day), and knowing the signs of healthy social relationships. Upcoming offerings.

Addressing one's social wellness domain enhances our emotional well-being through **improved mood, self-esteem, and empowerment** over the decisions made. Furthermore, addressing one's social wellness through a sense of community is connected to **less stress, better quality of sleep, and fewer health risks.** Tuesday's Time for Pause offers an opportunity to make social connections and experience a sense of belonging with fellow future health professionals around mindfulness practices. Next Friday evening's crafting event will serve as a community space to celebrate your artistic side. The next page has the sign up for these events!

We think you autumn know about our upcoming offerings

Signature OSW Event: Apple Picking



Sunday, October 13. Bus leaves 145 Harrison Ave at 8:30 am and returns to campus around 2:00 pm

The transportation sign up sheet is full, but we hope that you can carpool to join us at Honey Pot Hill Orchards for a pick-me-up that addresses multiple dimensions of wellness and contributes to fond fall memories!

[Click Here](#) for a map of other apple orchards to visit in Massachusetts. Driving is required to reach most of them.

Time for Pause: A Contemplation Practice for Challenging Times



Tuesday, October 15, 12:00 - 12:45 pm, Med Ed 216A

Working in the healthcare professions, whether that is directly with patients, or indirectly from a public health perspective, can drain our feelings of compassion if we don't regularly care for ourselves. Join us for this contemplation-insight practice to help recharge your battery and to reflect on how you can employ this and other mindfulness practices in your career as a health professional. If you have not signed up for the Time for Pause series, please sign up [Here](#).



Craft the Night Away



**Friday, October 18 4:00-8:00pm
Office of Student Wellness, 200 Harrison Ave**

You asked for it, and we listened! Next Friday strengthen your roots by socializing and expressing your creativity through art therapy. Mocktails and yummy treats will be served from 4pm-5pm followed by a myriad of crafts (e.g. painting, card and bracelet making) to choose from. We hope you leave this event feeling de-stressed and with new social connections. Friends and significant others are invited. [SIGN UP HERE](#)

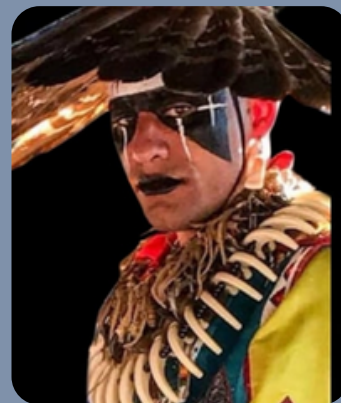
Happenings in and around Boston

Indigenous Peoples' Day Celebrations

Sunday October 13, 12:30 pm

730 Mass. Ave., Arlington, MA

Learn about the culture and values of one group of Massachusetts' indigenous people from the Mashpee Wampanoag Red Hawk Singers and Dancers performance. All ages are welcomed. Learn more [HERE](#).



Monday October 14, the following Museums offer FREE ADMISSION!

- [The Mapparium](#)
- [Museum of Fine Arts](#)
- [Isabella Stewart Gardner Museum](#)
- [Institute of Contemporary Art](#)

Turkic World Nomadic Food & Cultural Fest

Monday, October 14, 11:00am-3:00pm

King Open School, 850 Cambridge St, Cambridge, MA

Want a worldly experience that only requires crossing a river? Visit a neighborhood Cambridge school to build an awareness and appreciation for Turkic heritage. There will be something for people of all ages to enjoy in this community celebrated event! [More details here.](#)

Spice up your wardrobe

Sunday October 13, 12:00-5:00pm

Time Out Market

Want to be environmentally friendly, enjoy crisp air, and have a cool fall wardrobe? Check out Time Out Market for some cool digs to go with your seasonal latte and treats. [More details here.](#)

Additional Community-based Opportunities

Public Night at the BU Observatory

Most Wednesdays at 7:30 pm
725 Commonwealth Avenue in Boston

Public Open Nights at the Observatory are held weather permitting. Open to everyone, however space is limited. Tickets are free, limited to 5 per person, and made available on Thursday mornings at 11am (EDT). More details can be found on the [Eventbrite page](#).

Northern Lights from Boston last night at sunset



Run Club

Thursdays 6:30PM ET

Starts + ends at 652 Tremont Street/South End Store

Thinking about running and would like some company? The **Heartbreak Hill Running Club** powered by **Nike Running**. Their mission is to make runners faster & make it fun. All fitness and experience levels welcome. Expect a coach-led experience with a warm up, active stretch, drills, and cool down delivered with our signature attitude. Sessions cover 4-5.5 miles. [Free, but sign up fills up fast](#)



OSW Updates

At your next visit to the OSW, please take a couple of minutes to provide feedback on how we are taking care of your emotional wellness. Responses can go in the clear vase.



*we want to
hear from you*

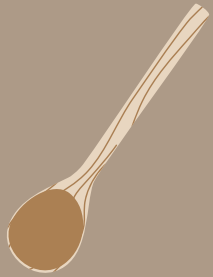
Nourishment

How do you like them apples - cooking and baking with apples

If you are looking for some options to update your menu look no further than incorporating some apples, after all its apple picking season! Apples are absolutely packed with nutrients that we need to care for our bodies. For instance, did you know that apples are low in fat and bursting with fiber, vitamin C, and phytochemicals that have anti-inflammatory effects? Here are three recipes to try that highlight this delicious, nutritious, and versatile fall fruit.

Baked Apple Pork Chops & Green Beans

Grab your sheet pan for this quick and juicy mouthwatering apple and porkchops meal! Feel free to swap out the porkchops for another protein and use other vegetables. Recipe found [HERE](#)



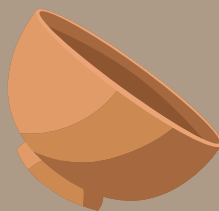
Happy Gut Breakfast Bowl

This [RECIPE](#) is great for meal prepping as the base of it can be made ahead of time. Hurrah for healthy and sweet meals!



Classic Apple Crisp

Apple Crisp is arguably the desert of the fall season and takes less time to make than apple pie. [HERE](#) is an easy one to try!



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. These may be used for 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](#).



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.

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.



Check out our [YouTube channel](#) to see video spotlights featuring Health Sciences students and scenes from past OSW activities!



Be sure to follow us on Instagram!
[@tuftsstudentwellnessadvising](https://www.instagram.com/tuftsstudentwellnessadvising)

Additional Resources

Tufts University Chaplaincy:

If you would like to meet with one of the Tufts Chaplains, please use this [link](#) to contact them. We are happy to provide space in our Office for you to meet.

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.