



11.8.24 This Week in Wellness

A Different Perspective About Time

Believe it or not, there are roughly eight weeks left in 2024. We can only imagine the stress many of you are feeling, juggling to find time to study for exams and projects, decompress, and plan for the upcoming holiday season.

Some people may perceive “eight weeks” as a short time frame, while others may find it extremely long to get through. There are several theories about time being a construct, serving as a structure for humans to follow to relate to others and have agreed-upon expectations. Even some research suggests that mindfulness meditation changes the perception of time passing. When we slow down and pay attention to the world around us, our experience of time is much different and our recollection of that time is much stronger.

While in many instances, it is important to have set “times” for our world to function, reminding yourself that time can change (e.g. Daylight Savings to Standard Time) can be a cue to reflect on how you prioritize and protect your time for wellness. So much can change around us in a week, a day, even an hour, that can have long-term ramifications. However, there are still many things in our control. Explore setting intentions and being intentional with your actions to serve as a different and hopefully helpful perspective to utilize your time in ways that resonate with your values and beliefs.

This long weekend can be a great time to practice setting intentions and being intentional. For instance, check out one of the many places you have saved in your tabs, honor veterans through volunteering, or work on a craft you’ve put off.

Isn't it about Time you Tried Mindfulness...

Time for Pause Weekly Mindfulness Practice

Tuesday, November 12, 12:00 - 12:45 pm, Med Ed 852

There's no question that the days are getting shorter and busier, but you may be surprised by how much better you will feel when you give yourself the gift of **Time for Pause**. Bring your lunch and chill between 12:00 and 12:15 before we begin our guided practice. Please let us know you plan to join us by signing up [HERE](#).

Yoga

Wednesday, November 13, 5 pm - 6pm, Posner Lounge

Whether you are looking for peace or extending your strength and flexibility, you will find your range in this class. **Please sign up here for a space!**

Taking Time for Thank Yous

Trick or Treat Winners

Thank you to the students and the Hirsh Library, TUSM offices: Student Affairs, Office of Educational Affairs, and the PA program. We also want to thank the Friedman School of Nutrition, TUSDM Student Affairs, and Facilities offices for participating in this year's Trick or Treat Around Campus event! At OSW, we were excited to see new and familiar faces!

This year's Trick or Treat raffle winners are: Elizabeth D'Angelo (M28), Lily DiMartino (PA), Yueh-Yin Fan (Friedman), Jess Zhang (GSBS), Zach Yung (M28), Matthew Feldman (M25), Shannon Bush (D27), Hasan Khan (M26), Raine Morris (D27), and Kimberly Zhang (M28).

CONGRATULATIONS!



Community Potluck

A special thank you to students Mary, Alex, and Katie, as well as the staff of TUSM Academic Support, the CARES office and OSW for contributing to our Post-Election Decompression Community Potluck! Everyone enjoyed the brownies, cookies, baked breads, oatmeal bar and other yummy food!

The OSW also wants to extend a special thank you to the Chaplains! They provided a space for students to discuss and document their hopes for the future.

Happenings in and around Boston

Celebrate our Veterans!

Monday, November 11

Did you know that Veterans Day is dedicated to thanking living veterans who honorably served in the military and contributed to protecting our country? Click [HERE](#) to find ways to honor veterans near and far!



Boston's Veterans Day Parade and USS Constitution Museum

Saturday, November 9, 12:00-2:00

Boylston and Hereford St intersection to City Hall Plaza

Towns and cities across Massachusetts are likely hosting various activities to honor our veterans. More details about Boston's Veterans Day Parade, a special experience at the USS Constitution Museum, and other veteran/military based deals are linked !

Holiday Market at Snowport

Opening Day: Friday, November 8, 11:00am

Seaport Common, 100 Seaport Boulevard



You can be intentional towards others through gift-giving and acts of service. Consider shopping for unique gifts and experiences for those you hold dear at one of Boston's markets that support local businesses. Click [here](#) for more details!

Use the day to hike

According to the Weather App, Massachusetts will have "fall-like" temperatures this long weekend. Take this opportunity to connect with nature and your body through hiking. Click [here](#) to explore hikes outlined by difficulty.



Nourishment

Fun fact: November is Gluten-Free Diet Awareness Month! Some people can be sensitive to gluten, a mixture of proteins that occur naturally in wheat, rye, barley, and crossbreeds of these grains. There are also roughly 3 million people who have celiac disease, experiencing serious and even life-threatening illnesses if they eat gluten. In an effort to support people who can't have gluten, the FDA created specific criteria for items to be labeled gluten-free.

At OSW, we try to accommodate dietary restrictions and this week's recipes are gluten-free. If you don't feel like being in the kitchen, check out these gluten-free friendly restaurants.

Autumn Salad

It is time to dress up your salad for the fall! Think nutty toppings, and roasted vegetables. This arugula pear goat cheese salad with maple vinaigrette combines some savory and sweet flavors.



Gluten Free Banana Bread

This is the first gluten free bread recipe that I learned to make. I like it better than my regular banana bread recipe. Cookie & Kate use almond flour and honey or maple syrup. Get the recipe here! - Meagan



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.Snagg@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

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.