



11.21.25  
This Week in Wellness

## Gratitude in Challenging Times

It is easy to be grateful when things are going your way, but it's even more important when you are facing challenges or the state of the world feels unsettled. However, feelings of gratitude and recognition of individual and wider-scale complications can co-exist. When we sit with these difficulties we may find ways to learn lessons from them and gain perspective on issues that trouble us, resulting in greater appreciation of ourselves and others. Gratitude is often described as a “practice” in that the benefits are the result of repetition. The **Three Good Things** practice or keeping a **gratitude journal** can help you start where you are, take small steps forward, and serve as a reminder that when you fall behind, you can begin again.

As we move into the season of final exams, presentations, projects, the stress of holiday travel, and more, you can draw strength from the beautiful expressions of gratitude on display on the 4<sup>th</sup> floor of Med Ed. During our annual Gratitude Tree and Tea event, students wrote what they are grateful for on leaves they hung on the Gratitude Tree:

**Individuals that have INTEGRITY**  
**For the new friends I have made**  
**Happy Holidays! Greater things are coming - we got this!**  
**Lab practical is done**  
**To move my body!**  
**My dreams coming true**  
**My friends in other programs**  
**Being able to learn so many cool things!**  
**My new family at Tufts!**  
**To be surrounded by people who inspire me every day**



**Best wishes to all for a safe and healthy Thanksgiving!**

# WELLNESS HAPPENINGS

## THANKSGIVING WEEK IN THE OFFICE OF STUDENT WELLNESS

All students on campus are invited to stop by and help us decorate for the Winter season! Enjoy a warm beverage and a snack while you cut out snowflakes to transform the office into a winter wonderland.

**Closed for the Thanksgiving Holidays: Thursday & Friday, November 27-28**



**THE OFFICE REOPENS WITH REGULAR HOURS ON**

**MONDAY, DECEMBER 1**

**SIGN UP BELOW FOR EVENTS BETWEEN DECEMBER 1-4!**

### TIME FOR PAUSE: MINDFUL EATING

**Monday & Thursday, December 1 & 4, 12:00 - 12:50 pm**

**Office of Student Wellness, Sign up [HERE](#)**

Join us for the final Time for Pause of 2025 for lunch and mindful eating practice. Eating mindfully has many benefits, including cultivating gratitude for the food we eat and those who grow and produce it.

### YOGA & LUNCH TO GO

**Tuesday, December 2, 12:00 - 12:50 pm**

**Posner Lounge**

**Sign up [HERE](#) for lunch by Noon, Sunday, 11/30**

Take time to express gratitude for all the amazing things your body does for you! Thank you to Vito for guiding us through these restorative postures throughout the Fall 2025 semester!

### 10-MINUTE CHAIR MASSAGES

**Tuesday, December 2, 10:00 am - 2:00 pm &**

**Monday, December 8, 10:00 am - 2:00 pm**

**Office of Student Wellness**

**Sign up [HERE](#)**

Students regularly express gratitude for the opportunity to get a quick relief from these 10-minute chair massages, so we will be offering them on two days this December. **To accommodate as many students as possible, only sign up for one day.**

### BOSTON COMMON TREE LIGHTING

**Thursday, December 4, 5:00 pm**

**Meet at Tatte, corner of Tremont & Boylston**

**Sign up [HERE](#) by Monday, 12/1 at 9:00 am**

Join us to warm up with cocoa and treats at Tatte before heading over to celebrate the lighting of the city's Christmas tree, a gift to Boston from the citizens of Nova Scotia. Significant others and family are welcome!



# COMMUNITY CORNER

Whether it was a Friday evening in the OSW playing games and making crafts or a Thursday afternoon pie and ice cream study break, students showed up make connections, enjoy community and share their gratitude.



**Students challenged themselves and each other with games of trivia and Uno!**



**Lots of Smiles at Yesterday's Gratitude Tree & Pop Up Tea!**





# LOCAL HAPPENINGS

## QUINCY MARKET TREE LIGHTING

**Saturday, November 22, 2:00 - 7:00 pm**

### Faneuil Hall Marketplace

If you love Christmas trees, the first public tree lighting in Boston takes place this weekend at the historic Quincy Market. This family-friendly event will include festive treats, face painting, and performances. The lighting of the 50-foot tree takes place at **6:00 pm sharp!** For more holiday lights celebrations, check out this [link](#)!

## TROVE: TREASURES & TRINKETS GALORE

**Sunday, November 23, 11:00am - 6:00pm**

### 525 Western Ave. Boston

100+ Vendors will be selling handmade jewelry, gems, baubles, and more this Sunday! There will also be music and food trucks, with a fidget toy pop-up. Full event details [here](#).

## SPENDING THANKSGIVING WEEKEND IN BOSTON?

If you are spending the long weekend in Boston, fear not, there will be plenty of things going on in and around the city! This [link](#) offers a great summary of activities from shopping to sports, concerts and cultural events, and more.

## SOWA WINTER FESTIVAL

**Opening Day: Friday, November 28, 10:00 am - 8:00 pm**

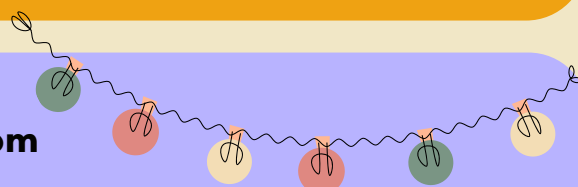
### SoWa Power Station, 550 Harrison Ave

Black Friday fans who want to shop local should check out the SOWA Winter Festival, down the street from campus at the SoWa Power Station. Enjoy shopping the wares of 125+ local vendors offering handmade art and gifts, and specialty foods. The Festival will be open Tuesdays through Sundays through December 28.

## LIGHTING OF THE SHIP AT MARTIN'S PARK

**Saturday, November 29, 5:00 - 6:00 pm, Martin's Park, 64 Sleeper Street, Boston**

Treat the kids to a special celebration as Martin's Park is transformed into a beautiful holiday display illuminated with over 1,500 feet of blue and white tube lights. Enjoy warm beverages, performances, and Santa's arrival by boat!



# NOURISHMENT

If you are heading to a Thanksgiving or Friendsgiving potluck or looking for simple adaptations of traditional dishes for a small home celebration, these recipes are bite-sized and/or potluck-friendly.

## TURKEY MEATBALLS

Putting turkey on the table at a Friendsgiving potluck doesn't have to require tending to a 10-pound bird in your oven for hours. Consider bite-sized options made of ground turkey, like these meatballs. Share them with dipping sauces or maybe some cranberry relish for a festive touch!



## STUFFIN' MUFFINS

You can have your stuffing and not get stuffed with these "stuffin' muffins!" Not only do these portion-controlled servings help you leave room for other Thanksgiving goodies, they are easy to take to potlucks and freeze for later enjoyment.

## EASY PUMPKIN CAKE

With so many delicious seasonal treats on the table, it can be hard to leave room for desert, but you may be more motivated to do so when you have this easy pumpkin cake to look forward to! Pie is often the star at Thanksgiving, but a simple cake like this one offers a simple and delicious alternative.



Looking for more easy to prep meals on the go? We archive every recipe we've featured in past newsletters! Click [\*\*HERE\*\*](#) to check out our Recipe Archive!

# 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.



We are open Monday – Friday, 9:00 am – 5:00 pm. We close on University Holidays and post any other office closures on our door and on our Instagram.

## Our services include:

- Confidential and private wellness advising
- Triage and referrals for psychiatric and counseling services as needed
- Assisting students in finding a Primary Care Physician (PCP) in the Greater Boston area

**To schedule a Zoom or in-person appointment:**

**Use this [link](#), scan the QR code, or send an email to [Sharon.Snaggs@tufts.edu](mailto:Sharon.Snaggs@tufts.edu), or [Giselle.Pisani@tufts.edu](mailto:Giselle.Pisani@tufts.edu)**



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](mailto:Jennifer.Pustz@tufts.edu) with any questions or to learn more.



Stop by to enjoy tea, coffee, and hot cocoa at no cost. We also have snacks like granola and breakfast bars, oatmeal, and clementines.

**Please bring your own mug or container to help us be more environmentally sustainable. We sell reusable travel mugs for \$8 (at cost) to make it easy to be green!**

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.



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

## 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).

### Boston Behavioral Health Services

Tufts University offers psychiatric care through Boston Student Health Services, including evaluation, diagnosis, medication management, crisis support, and short-term and long-term therapy. Both in-person and virtual appointments are available. To schedule an appointment, call: 617-636-2750 (Monday-Friday, 7:30 am – 3:15 pm) or email [BostonstudentHealth@tufts.edu](mailto:BostonstudentHealth@tufts.edu)

### Sexual Misconduct, Health, and Well-Being Support

Center for Awareness, Resources, and Education (CARE) staff support all Tufts students impacted by sexual misconduct. CARE provides free, confidential, trauma-informed emotional support that can include helping with academic flexibility, answering any questions about reporting, accompanying you to appointments, and/or connecting you to other resources. There are multiple staff members available to meet with, both in-person and virtually. In Boston, the CARE office is located at 200 Harrison Ave, Fourth Floor, Room 405A. Appointments may be made at this [link](#).

### Tufts University Chaplaincy

Posner Hall, Room 305W

Tufts 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](#).

### Chaplaincy liaisons to the Health Science

**Campus:**

**Rev. Dan Bell**

**Khan Shairani**