

1.30.2026

This Week in Wellness

EMBRACING FEBRUARY

As we close out January, looking ahead to February can feel a little heavy. The holidays are over, winter is still hanging on, and spring feels just out of reach. Shorter days, colder weather, and less sunlight can affect mood, energy, and motivation. For some, this can show up as sadness or feeling unmotivated. So if February is bringing you down, please know that you are not alone.

Small, steady practices help us stay grounded and connected:

- Soak up light when you can, or try a **light therapy** lamp especially in the morning.
- Participate in **Time for Pause** and learn how awareness of the present moment can help you navigate the darker months.
- Stay connected with friends or family, even if it's just a text or call.
- Practice journaling or quiet moments to reset your thoughts.
- Move your body, even just a little bit, such as stretching and walking. Join the OSW's **Winter Warm Up Movement Challenge** and move with others in our community!

Instead of rushing through February, try embracing it:

- Sign up for one of the many activities that are part of the **OSW Winter Warmup!**
- Set small, kind intentions for your mental well-being.
- Create calming self-care routines that help you recharge.
- Take the opportunity to appreciate the natural beauty of winter, whether it is walking in a fresh snowfall or other aspects of the winter landscape.

February doesn't have to be a month to "get through." With a softer mindset and a supportive environment, it can be a meaningful pause before the fresh energy of spring!

Please don't hesitate to reach out to Snaggs or Giselle, or any member of the Tufts Chaplaincy. Or just stop by the OSW for coffee, tea, and snacks. We are here for you!

Wellness Happenings

VIRTUAL YOGA WITH ZANIA

Saturday, January 31, 10:00am - 11:00am
Zoom Link

Zaina incorporates Hatha and Vinyasa yoga techniques in her practice in an effort to meet everyone's needs.

Sign up [HERE](#).



ICE SKATING AT FROG POND

Tuesday, February 3, 6:00pm ~
Frog Pond, Boston Common

Ice skating is a wonderful way to embrace winter in Boston. Admission is free with your Tufts ID! Skate rentals cost \$18, but the first 30 students who sign up [HERE](#) and attend will have \$10 off their skate rental paid for by OSW!

STUDENT-LED GYM SESSION

Tuesday, February 3, 7:30am - 8:30am
MedEd Basement Gym

Taahir (D29), will be your guide in this hands-on gym session. This is a great opportunity for early birds interested in learning how to use gym equipment. After your workout, enjoy a smoothie or breakfast sandwich from the Food for Thought Cafe, place orders [HERE](#) by Sunday.

LUNCH & LEARN WITH DERMATOLOGY CLUB: WINTER SKINCARE ESSENTIALS

Wednesday, February 4, 12:00 - 1:00pm

Office of Student Wellness 200 Harrison Ave, Admin side, 3rd floor

Join Dermatology Outreach at Tufts for a lunchtime talk! We will be sharing practical tips on caring for your skin and hair – especially during the cold, dry winter months. Win a prizes and other goodies! Swing by for helpful tips, and good company. We can't wait to see you there! Please sign up [HERE](#) to help us plan.



EVENING YOGA WITH VITO

Wednesday, February 4, 5:00pm - 6:00pm, Posner Lounge

"I bend so I don't break". Don't let the weather or additional stressors distract you from your self-care goals. Join Vito for the first evening yoga session of the semester! No sign-up required. Bring your own mat or towel.

FREE AFTERNOON THRIFTING & GRAZING

Friday, February 6, 12:00-1:00pm

Office of Student Wellness 200 Harrison Ave, Admin side, 3rd floor

1. Drop off your donations

Drop off your clean, new or gently used clothes and accessories at the OSW!

2. Sign up to volunteer

3. Go thrifting at the OSW

EVERYTHING IS FREE & PLEASE BRING YOUR OWN BAGS

(Volunteering & Donations are **not required** to “shop”)

TIME FOR PAUSE

Thursday, February 5, 12:00pm - 12:50pm

Conference room outside of the OSW. Sign up [HERE](#)

This week's practices will focus on awareness of our breath to manage stress and improve our ability to concentrate.



ROSES FOR VALENTINE'S DAY

Take the stress out of Valentine's Day, and let us bring the roses to you! We will offer a variety of rose colors to choose from when you pick them up. We'll also wrap them with greenery and your choice of tissue and ribbon! If you are interested in purchasing roses, **please sign up [HERE](#) before February 13th by noon.**

1 rose - \$2.50 / 2 roses - \$4 / 3 roses - \$6.50



VALENTINE'S DAY CELEBRATION

Friday, February 13, 12:00pm - 3:30pm, Med Ed 114

Please sign up [HERE](#) to help us plan

Feel the L-O-V-E as we celebrate Valentine's Day! Stop by the enjoy lunch, sweet treats, card making, our rose sale, and more! Sign up and choose between 2 seatings: 12:00 - 1:00 and 1:30 - 2:30.

Local Happenings

CHECK OUT THIS [LINK](#) TO LEARN ABOUT OTHER BOSTON EVENTS!



LLUCKY STRIKE

Check Location for Hours

Boston Location: 145 Ipswich St.

Somerville Location: 325 Revolution Dr. Somerville, MA.

There is still plenty to do even when it's frigid outside. Grab your friends, hop on the "T" and check out this venue where bowling, arcade games and more are offered.

Click the location above for additional details! .

BOSTON FREE WINTER FITNESS SERIES

Monday, January 5, 2026 - Saturday, April 4, 2026



Greater Boston Area

The Boston Parks and Recreation Department and the Boston Public Health Commission (BPHC) have announced the Winter Fitness Series. This four-month-long free fitness series will offer free virtual classes to be enjoyed in person as well as online! More details and sign-ups [HERE](#).

BLACK HISTORY MONTH KICK OFF AND FLAG RAISING



Monday, February 2, 12:00 - 1:30pm

1 City Hall Square, Boston

Join Boston to celebrate Black History Month with a flag-raising ceremony and community gathering honoring the legacy, resilience, and achievements of Black communities in Boston and beyond. More details [HERE](#).



CRAFT & CHAT

Wednesday, February 4, 4:30 - 5:30pm

Parker Hill Library, 1497 Tremont Street, Roxbury

Join the library's monthly crafting group and unleash your creativity in a fun and supportive environment! Whether you're a seasoned crafter or just getting started, this group offers a space to learn new techniques, work on projects, and connect with fellow craft enthusiasts.

Nourishment

One way to embrace February is taking the time to treat yourself to a warm, home-cooked meal. This week's meals are rich and comforting but easy and fast to make.

If you have a favorite recipe you'd like us to feature, please drop us a line at studentwellnessadvising@tufts.edu.

MARRY ME SALMON

Marry Me Salmon is a little cheeky, but one bite of this creamy garlic and sun-dried tomato sauce makes the name make sense. This [recipe](#) is rich, comforting, and irresistibly good, yet quick and easy enough for a weeknight dinner.



ONE-PAN FRENCH ONION ORZO

This creamy, cheesy [French onion orzo](#), featuring caramelized onions, beef broth soaked orzo, and lots of Gruyère, is a must-make cozy weeknight meal, especially if you are obsessed with French onion soup!



BUFFALO CHICKEN QUESADILLAS

Who doesn't love a good quesadilla? This [buffalo chicken quesadilla](#) is stuffed with meat and cheese and fried until crispy. The buffalo sauce adds a spicy spin, and the chicken tenders are a great source of protein!



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, or 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 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.

This is a public email, please do not share personal information.



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!

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.

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

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