



02.06.26

## This Week in Wellness

### MOVING FORWARD THROUGH FEBRUARY

If there is snow on the ground where you are and/or the temperatures have been struggling to climb up from the single digits, you may be feeling the urge to hibernate until the snow is gone for good, the grass is green, and the air is fresh. Winter fatigue, slightly different from Seasonal Affective Disorder, is common and humans may also just be wired to sleep more in the winter. For plants and animals, winter is a time to rest and conserve resources. However, for students in Tufts Health Sciences programs, succumbing to this approach to winter may feel impossible, given your course and workloads.

However, you can honor what may be a natural tendency to slow down during the colder months, while also getting your work done and staying connected. You may need to be more intentional about scheduling time to enjoy sunshine and movement to boost your spirits and your energy levels, and the Office of Student Wellness can help you with that!

To help you move forward through February, **Winter Warm Up Movement Challenge** features many opportunities and types of movement to meet the needs and interests of our community. If you enjoy yoga, we are offering noon, evening, and a Saturday morning virtual option. Later in February, we will sponsor a spin class at SOWA Health & Fitness and climbing at Central Rock Gym. We are planning a pair of lunchtime group walks in the neighborhood—stay tuned for those dates! To close out the month, we recommend attending a special session led by Taahir Alicea (D29) on strength training in the Med Ed gym. In March, cross the finish line of your own virtual 5K.

We invite you to join us as we physically move forward through February, while appreciating the value of winter's slower pace. Tune into the benefits of the slow and gentle flow of yoga practice, notice the beauty of the natural landscape during its time of rest or during your walk or run, and treat yourself to a relaxing meal or warm beverage following your workout. By taking an intentional approach to movement and engagement with others during this quiet time of the year, you may improve your ability to direct your attention and focus when you need it most.

# Wellness Happenings

## YOGA & LUNCH TO GO

Tuesday, February 10, 12:00 - 12:50 pm,  
Posner Lounge

Sign up [HERE](#) to request your lunch by  
12:00 noon on Sunday, 2/8

## YOGA WITH ZAINA

Thursday, February 12, 5:00 - 6:00 pm,  
Posner Lounge - Sign up [HERE](#)

Saturday, February 14, 10:00 - 11:00 am,  
Online! - Sign up [HERE](#)



## 10-MINUTE CHAIR MESSAGES

Tuesday, February 10, 2:00 - 6:00 pm: **NOTE NEW TIME!**  
Office of Student Wellness

Sign up [HERE](#)

Experience one of our most popular events at a new time!  
Please plan to arrive at least 5 minutes before your scheduled massage  
time so that everyone is able to enjoy their full 10-minutes.

## DROP IN CARD MAKING

Wednesday & Thursday, February 11 & 12  
9:00 am - 5:00 pm, Office of Student Wellness

Stop by and make a card to brighten someone's day!  
Help us make 75 Valentine's cards for residents of [Royal Wood Mill](#), a senior living facility in Lawrence, Massachusetts.



## TIME FOR PAUSE

Thursday, February 12, 12:15 - 12:50 pm

Conference Room next door to the Office of Student Wellness

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

Take time to reset over the noon hour with mindfulness! This week's practice is the Body Scan, a classic exercise to help cultivate awareness and management of body sensations. Snacks start at noon, meditation around 12:15!

## VALENTINE'S CELEBRATION & ROSE SALE!

Friday, February 13, Med Ed 114

Sign up [HERE](#) for the 1:30 lunch seating

Let's gather together for lunch, sweets, student performers, beautiful roses, and much more!

We'll take the stress out of Valentine's Day by bringing the roses to you! Order [HERE](#) and pick up at our Valentine's celebration!



# Community Corner

Last week we celebrated with the M28 class as they finished their last exam and started Dedicated Study period for Step 1!



And we enjoyed some truly delicious chili & cornbread made by 6 teams of talented students at Chili Fest!



## 3rd Annual Chili Fest Winners!

### Gaslighters (M29)

Sahil Jog, Shri Jeyaram, Sidney Bihrer,  
Amir Rahman, & Abe Hong

### To Bean or Not to Bean (M29)

Alaura Rice

### The Spice is Right (M29)

Kiran Singh, Jocelyn Proferes, Jordan  
Narins, Sarah Bergamian, & Rebecca  
Moriarty



Check out the Nourishment page for recipes!

# Community Corner

Thank you to Kayla Borer, Madison Louise Fairfield, Connie Yu and Nick Reznick from Dermatology Outreach at Tufts for your presentation and posters at our annual Winter Skincare Essentials Lunch & Learn!



## Friday Afternoon Thrifting in the Office of Student Wellness



Thank you to students, faculty, and staff who cleaned their closets and donated!



# Local Happenings

**Kick off Black History Month by participating in activities here on the Tufts Boston Health Sciences Campus and in Greater Boston.**

## **LIFTING EVERY VOICE: ANNUAL MLK LUNCH & LEARN**

**Tuesday, February 10, 12:00 - 1:00 pm**

**Jaharis Cafe | Please register [HERE](#)**



Join this year's celebration of Dr. Martin Luther King's legacy with other members of the Boston Health Sciences community. Attendees will engage with the 2026 theme "Lifting Every Voice" over lunch with a group conversation. Lunch will be provided.

## **PUBLIC HEALTH AS LIBERATION: A CONVERSATION WITH LATHAM THOMAS**

**Wednesday, February 11, 12:00 - 1:00 pm**

**Jaharis Building, Behrakis Auditorium, Click [HERE](#) to register**

In celebration of Black Legacy Month, the Office of Institutional Inclusive Excellence is hosting a special program, Public Health as Liberation: A Conversation with Latham Thomas, moderated by Dr. Vanessa N. Robinson. Latham Thomas is a leading women's health expert, Black maternal health advocate, entrepreneur, professor, and best-selling author. Lunch will be provided.

## **BLACK HISTORY MONTH MARKETPLACE POP-UP**

**Saturday, February 7, 12:00 - 7:00 pm**

**One Brattle Square, Cambridge**

Show Your Love for Black-Owned Business by shopping this special event highlighting, celebrating and promoting local Black-owned businesses in advance of Valentine's Day. Sixteen vendors will offer unique gift items for purchases, soaps, sauces, bags, jewelry, vintage clothing, body care, fragrances, and more. The majority of products are hand made and locally produced by these local businesses.

**[CHECK OUT THIS LINK TO LEARN ABOUT OTHER LOCAL BLACK HISTORY EVENTS!](#)**

# Nourishment

If you are planning on having chili for Super Bowl Sunday, we'd like to recommend the following recipes made by our student chefs at last week's Chili Fest!

If you have a favorite recipe you'd like us to feature, please drop us a line at [studentwellnessadvising@tufts.edu](mailto:studentwellnessadvising@tufts.edu).

## GASLIGHTERS' CHILI

One of our winning groups chose to make this vegetarian chili for their entry and the student judges were definitely fans!



## TO BEAN OR NOT TO BEAN...

... that is the question... The answer was this winning chili made by M29 Alaura Rice. Be sure to leave room for the cornbread and salted honey butter!

## THE RED HOT CHILI SISTERS

The chili and cornbread made by Sara Earp and Elise Molinaro, our Friedman School of Nutrition representatives, are worth a place in your Super Bowl feast! Sara & Elise recommend adding dark chocolate chips to the chili to deepen the flavor.



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



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](#)