

❁ Thrive tip: Rest, recharge and rejuvenate this holiday season. ❁

**As we wrap up another busy semester, it's the perfect moment to pause and reflect!** Before we head off for winter break, we wanted to share a timely article from WashU HR with some thoughtful reminders on how to fully *rest, recharge, and rejuvenate* over the holidays. The article offers practical tips to help you reduce stress, nurture your well-being, and come back refreshed and ready for the new year. Take a few minutes to read through and bookmark it as your go-to guide for a peaceful holiday break.

You can read the article here: [Thrive tip: Rest, recharge and rejuvenate this holiday season | Human Resources | Washington University in St. Louis](#)