



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](#)