



*Greetings from your*

**PERFECT DAY**

## Recharge Harvard: Your friendly reminder to take a beat

Our careers are a marathon, not a sprint. It's important to pace ourselves and not burn out. That means taking time off from work.



Research has shown that taking [vacation time is important for your wellbeing](#), [improves physical health](#) and is associated with productivity and [career advancement](#). And “vacation” doesn’t necessarily mean taking an expensive trip—rather, it refers to [shifting your mindset away from everyday life](#) (this may be especially important for anyone who has been working from home).

Over the next few months, we’ll provide you with information about the value of taking time off and how you can creatively fit these critical breaks into your schedule. We’ll also provide Zoom backgrounds, screensavers, and musical playlists to get you into an “off-the-clock-mindset” and suggest activities to help you plan your perfect day off.

Maybe your “perfect day” includes taking in a Red Sox game or Revolution match (using tickets from [Outings & Innings](#)), attempting a new recipe for dinner with friends, or maybe letting yourself off the hook for any perceived imperfections? **Whatever makes a perfect day for you, plan for it now, by scheduling some time off this summer.**

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## What’s your perfect day?



**Meredith Weenick**

Vice President for Campus Services

“I love to host parties, from small dinner gatherings to larger celebrations. Meal planning and cooking are like meditation for me – I don’t think about anything other than the shopping and preparations, so work and other worries can’t intrude.”



**Dr. Giang T. Nguyen**

Director of Harvard University Health Services

“I love days that include a variety of activities that lift my spirit — catching up with friends or family over a meal, attending a concert or play, or hiking in a beautiful setting. It’s important to be intentional about scheduling, even if you have a lot on your plate.”

## Digital Downloads

Nothing says, “Ask me about my upcoming vacation plans” like [downloadable zoom backgrounds](#)! Save time with pre-written [Out of Office](#) messages for while you’re away! These, [plus adult coloring pages to get you in a zen state](#) can all be found on the Recharge Harvard website.



## Perfect Day Playlist

Whether your perfect onscreen life is a rom-com, a smoldering drama, or a family-friendly romp, start your soundtrack with one of these hits:

- [Summertime](#), Ella Fitzgerald
- [Vacation](#), The GoGos
- [Lovely Day](#), Bill Withers
- [Good as Hell](#), Lizzo
- [La Vida Loca](#), Ricky Martin

Add our [Spotify playlist](#) to your library!

## The Recharging Station

[Forbes](#) reports that meditation exercises and vacations are associated with higher levels of wellbeing and [mindfulness](#).

Why? Being in a new situation naturally engages all of your senses and forces you to be “present.”

Some activities that require focus in a new environment: indoor rock climbing in the [Quadrangle](#) or the [Central Rock Gym](#) or being a local “tourist” and checking out the sites in a nearby town (we like [Concord](#), [Gloucester](#) or [Hingham](#)).



Visit the [Recharge Harvard website](#) for more information.