



# *Greetings from a place of* **GRATITUDE**

## Recharge Harvard: Feeling Thankful

Let's appreciate the time we get to spend together.



With the approaching holidays, you may be looking forward to attending or hosting a celebration with friends, relatives, or your chosen family. Did you know that there are real health benefits to getting together with those you care about the most? Just look at the science. [Sharing meals with loved ones](#) releases [happiness chemicals](#) in your body, like the “feel-good” neurotransmitter dopamine and the “[love hormone](#)” oxytocin.

Whether you are hosting or traveling for the holidays, why not take off a few days to make this holiday season easier on yourself?

- As they say, it pays to be prepared. If you're hosting visitors this season, consider taking a day off to get everything ready. There's an advantage to [prepping food early](#), and shopping for groceries during the day means avoiding those after-work crowds. An extra day off is especially handy if you plan on [baking](#).
- The benefits of travel are clear, and [even reminiscing about past trips](#) can release powerful endorphins. If you're traveling, it might help to take a few extra days off before or after the holiday weekend to avoid the busiest travel dates (and possibly score better airfares)—and let yourself rest after your drive/flight.

Or, you can take advantage of the one week of the year when school and work vacations align, and plan some fun activities for a family staycation, a best friends road trip, or finally book that dream vacation that you've been saving for.

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## What are you looking forward to the most this Thanksgiving break?



**Katie Caponera**

Director of Student Life  
Harvard Divinity School

“I am looking forward to gathering with and reconnecting with family this coming Thanksgiving break as well as participating in our annual family Turkey Trot tradition. I also look forward to walks along the Connecticut shoreline of my hometown as well as binging a tv show or two in front of the fireplace.”



**John W. Nolan**

Managing Director of Transportation and  
The Campus Services Center

“I'm looking forward to spending time with friends and family without all the hassle associated with other holidays. Thanksgiving break is a time to take a deep breath and take stock of what is really important in our lives. During this time of year, I enjoy giving back to others who have less, being with family, and appreciating the blessed joys of life.”

## The Recharging Station

- Browse through some [great places to spend Thanksgiving](#), including charming [American locales](#), [family favorites](#), and some [upscale destinations](#).
- Need a good walk after a holiday meal? Use the AllTrails app ([App Store](#), [Google Play](#)) as a digital trail map for local hikes. But if you're relying on a digital guide, make sure your phone is fully charged before you head into unfamiliar terrain.
- There's one more thing to be grateful for: vacation days. Make sure it's quality time off. Check out this article, and get some [tips for making the most of](#) your vacation days.



## 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 when you're away. These, plus adult coloring pages, can all be found on the [Recharge Harvard](#) website.



## Your Place of Gratitude Playlist

Enjoy this playlist of appreciative anthems, and maybe even share these songs with someone in your life for whom you are thankful.

- [Home](#) – Edward Sharpe & The Magnetic Zeros
- [Coming Home](#) – Leon Bridges
- [You Are Not Alone](#) – Mavis Staples
- [Sweet Potato Pie](#) – Ray Charles, James Taylor
- [Thank You](#) – Bonnie Raitt

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

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