



Greetings from your

SELF-CARE CELEBRATION

Recharge Harvard: Celebrations

Let's treat ourselves as well as we treat others.



In this season of giving, it's easy to get caught up in the frenzy of shopping, wrapping, cooking, hosting, and decorating. But if your list of people to pamper doesn't include yourself, it's incomplete. Do something nice for yourself and recharge your emotional energy reserves. That's what your PTO benefits are for!

Amid the hustle and bustle of the holidays, consider using some PTO to:

- Take advantage of the excellent services (and discounted prices) of [massage](#) and [acupuncture](#) treatments at the Center for Wellness and Health Promotion.
- Spend a few days working with your preferred charity, house of worship, or community arts organization—including these [volunteer opportunities on campus](#).
- Plan your 2023 vacation now. Where would you go with a week or two off? How would you spend a month-long residency? Let's face it, [planning is half the fun!](#) Block out your vacation time with your supervisor or department head, and give yourself a vacation to look forward to in the new year.
- Find yourself the perfect gift—luggage, golf clubs, camping gear—that you'll use for an unforgettable vacation in the coming year. Future you says, "Thank you."

As the days get shorter and the nights longer, treat yourself with kindness and [replenish your positivity](#) so that you retain the energy and mindset you need to take care of others.

What's your favorite way to show yourself some self-care?



Angela Crispi

Executive Dean for Administration, Harvard Business School

"I'm rejuvenated being together with my family and friends and enjoying simple moments like cooking together, hiking, laughing, and reminiscing about places we love (definitely Maine!). With winter soon here, you'll find me throwing on my boots and hitting the trail. The sounds, sights and smells of nature are magical."

The Recharging Station

- Plan on visiting an old friend, or a family member you want to catch up with in the new year. What could be a better gift for yourself and your loved one?
- [Learn more about burnout](#) and how setting boundaries ([email-free weekends](#), anyone?) can help.
- Incorporate [music into your self-care routine](#).



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 Self-Care Celebration Playlist

Enjoy these songs that tell you, “Hey, you’re pretty great!” —and believe them!

- [The Greatest Love of All](#) – Whitney Houston
- [I Can See Clearly Now](#) – Johnny Nash
- [One Day](#) – Matisyahu
- [Respect Yourself](#) – The Staple Singers
- [Treat Myself](#) – Meghan Trainor

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

Humble Brag Alert!

Heck, we’re blushing and proud—all at the same time. That’s because the Recharge Harvard campaign received gold (top honor) at the 2022 Education Digital Marketing Awards. As we close out our final issue, we thank you for reading.

Now, go enjoy your PTO!

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