



LOYOLA UNIVERSITY MARYLAND

— 1852 —

Dear Students,

Amidst the whirlwind of global events that often shake our sense of stability and weigh on our hearts, I hope this email finds you well, safe, and gearing up for a well-deserved breather. While the mid-semester break might feel fleeting (just one day!), I encourage you to use it to take stock of how far you've come and get ready to tackle the second half of the semester with renewed enthusiasm.

I understand that you probably have a to-do list waiting for your attention, and you might be thinking, "I'll catch up on everything this weekend." Well, I can relate to that feeling because I'm tempted by it too. So, I'd like to suggest that you, just like me, take a few moments to think about something you can do during this break that truly rejuvenates you.

Here's the thing: you're in a unique position. Being a student at a Jesuit institution means you're preparing yourself for something big. We're asking you to learn, not just for the sake of knowledge, but so that you can go out into the world and make a real difference. That's a demanding task that requires mental, physical, and spiritual energy.

My hope is that by giving yourself the time to rest, you'll return next week with a fresh burst of energy and excitement. Research tells us that taking a break is essential for your mental and physical health. It bolsters your immune system, equips you to handle stress more effectively, and increases your mood, decision-making, and creativity.

So, go ahead, work on that art project you've been putting off, spend quality time chatting with friends and family, watch a couple more episodes of your favorite show, read the final chapter of that book just for the fun of it, or take a leisurely stroll in nature. Do whatever allows you to be fully present in the moment and brings you joy and do a bit more of it during this mid-semester break. You might be surprised at how it can change your perspective and recharge you for the significant responsibilities that lie ahead.

As for me, I'll be hanging out in my backyard, listening to the wind rustling through the trees. I'll dedicate some time to lifting weights and make a big batch of enchiladas or a soup for these chilly nights. **I'll rest**, so I can come back with renewed energy to continue working on your behalf.

All my best,

Dr. Carlucci