

From: [Frazier, Emily](#)
To: NDSU-THRIVE@listserv.nodak.edu
Subject: Thrive@NDSU- Managing Holidays
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Attachments: [image004.png](#)
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The holidays can be a time of both excitement and worry. Take the breaks to relax, recharge, and reconnect with important people in your life. Let them know how your NDSU experience is going, both the good and the difficult. If you're traveling over the holidays, consider inviting a new friend to come with you. If you're staying in Fargo or on campus, it's a great time to refresh and maybe [try something in town](#) you haven't experienced yet. Whatever your plans, take some time to care for you!

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We collectively acknowledge that we gather at NDSU, a land grant institution, on the traditional lands of the Oceti Sakowin (Dakota, Lakota, Nakoda) and Anishinaabe Peoples in addition to many diverse Indigenous Peoples still connected to these lands. We honor with gratitude Mother Earth and the Indigenous Peoples who have walked with her throughout generations. We will continue to learn how to live in unity with Mother Earth and build strong, mutually beneficial, trusting relationships with Indigenous Peoples of our region.

