Let’s explore ways to tap into your health and wellness. Use the checklist below and let us know your favorites!

**WALK: TAKE 5-10 MINUTES**
Tap into your physical and mental wellbeing by enjoying a nice walk around your neighborhood or you can even take a few minutes to walk in place.

**BREATHE: 4-7-8 TECHNIQUE**
Practice the 4-7-8 breathing technique. It takes less than a minute! Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds.

**CONNECT: TOUCH BASE VIRTUALLY**
Use Google chat or Zoom to stay connected with friends and colleagues. Have a virtual lunch break!

**MEAL PREP: ENJOY A HEALTHY RECIPE**
Vegetable spring rolls are a healthy plant based meal. Make your own by following this recipe by the American Heart Association.

**SHARE YOUR IDEAS:**
SPH Community, we want your input on your favorite health and wellness tips. Certified Instructors, be sure to contact us, too, if you want to offer expertise!

Click here to submit ideas.

**VIRTUAL EVENTS**
Dean Lushniak will go live today, Wednesday, March 26, at 12:00 pm EST to answer your questions about COVID-19. He will be joined by Public Health Science major and Director of Health and Wellness for the UMD Student Government Association, Kelly Sherman ’21.

Direct message your questions on Instagram @umdpublichealth or email us at sph-comm@umd.edu

Click here to watch

>> Stay tuned for more Wellness Resources <<