The Well Terp
April is Stress Awareness Month. Use the checklist below to reduce your stress and maintain overall well-being.

**Practice Meditation**
Incorporate meditation or another mindfulness practice into your routine. Spending time meditating improves emotional well-being and attention span.

**Eat Healthy**
Add vegetables, fruits, nuts, and other plant-based foods to your daily meals. Plant-based foods help boost your immune system.

**Sleep Well**
It’s important to get a good night’s rest. Did you know that proper sleep supports your immune system? Try going to bed at the same time every night. 6-8 hours of sleep is encouraged. Your mind and body will thank you!

**Connect Often**
Healthy social connections benefit mental and physical wellness. Find ways to connect with roommates, family, friends and loved ones. Cook a meal, play/host a game, or tackle chores as a team via physical distancing or virtually. Take time to check-in!

**Tips for Families**
Manage family stress, keep kids engaged in activities and find tips for talking with them about the Coronavirus using these fact sheets from the Department of Family Science. >> View the family resource guides.

The Together Program offers FREE online workshops for couples navigating increased time together. Improve communication, stress management, and financial management skills via education and counseling services. >> Sign up here.

**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!

>> Submit ideas here.

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**VIRTUAL EVENTS**
Public Health Science major, Kelly Sherman ’21 and SPH Dean Lushniak will go live every Wednesday at 12:00 pm EST. Sherman is the UMD Student Government Association’s Director of Health and Wellness. She will invite SPH students and faculty to join in future conversations.

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

Click here to watch

**LIVE**
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**Social Hour**
Let’s connect over ZOOM Join SPH this Thursday at 3:30pm EST for a virtual Pictionary game!

Click here to RSVP

>> Stay tuned for more Wellness Resources <<