It’s the last week of Stress Awareness Month and National Minority Health Month. Consider adding tips from this month to your routine.

**Enjoy a Self Care Bath**

Set up some alone time for a self care bath. Use the time to listen to music and relax with a warm bath. Adding essential oils can also add some sensory benefits to help reduce anxiety and stress.

**Be Active and Healthy**

Focus on safe ways for all communities to be physically and socially active. National Minority Health Month resonates with the UMD School of Public Health, who are committed to making healthy living accessible. For more information, check out the Virtual Health Fair.

**Get Creative**

Try a craft or DIY project. Creativity stimulates the brain in new ways, helps boost your mood and fights stress-related diseases. Include friends, family and loved ones.*

**Make It a Date**

RSVP to the Social Hour on Thursday at 3:30pm EST for a virtual mask making tutorial by Cynthia Kershaw!!

**SHARE YOUR IDEAS:**

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

**Sustainable Food Systems Online-only Lecture Series**

Boots on the Ground: Stories from Military Veteran Farmers

Sarah Dachos, Deputy Director of the Farmer Veteran Coalition

Sarah will be joined by a panel of veteran farmers.

This series is hosted by The College of Agriculture and Natural Resources.

5 May 6-7:30 pm EST

**STAY CONNECTED**

For more information, visit [SPH Online Chat](https://www.umd.edu/). Be sure to check out [the Center for Healthy Families](https://www.umd.edu/).

*These activities can be done via physical distancing and virtual platforms.