**The Well Terp**

**Experience the Wellness Benefits of Nature**

Spend time in nature. Go hiking or sit back and admire the scenery. Research shows that being in nature reduces feelings of anxiety and stress.

**Develop Mental Wellness Skills**

May is Mental Health Month. Learn ways to manage emotions and stress. Access resources to help you cope during difficult times and attend an upcoming mental health workshop where you’ll learn about a variety of self-care and support resources.

**Enjoy the Spirit of Maryland Day**

Organize Terp-themed activities with friends, family and loved ones to build and maintain relationships. Connect for some fun with the Maryland Day 2020 activity book.

**“Grab” a Fitness Buddy**

Work out with family and friends to support your well-being and develop fitness habits. Find a workout video you enjoy and invite your loved ones to join you.* Check out the Keep Moving videos from UMD RecWell.

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

**SHARE YOUR IDEAS:**

- **SPH Community:** please share your favorite health and wellness tips.
- **Welcome certified health instructors to share their expertise too!**

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

**Turning Research into Action: Combating Food Insecurity at UMD**

Allison Tjaden, Assistant Director

Sarah will be joined by a panel of veteran farmers. New initiatives at UMD Dining Services.

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

**12 MAY 6-7:30 pm EST**

**Develop Mental Health Workshops**

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