Every Wednesday at 12:00 pm EST
UMD SCHOOL OF PUBLIC HEALTH
SOCIAL HOUR
Let’s connect over ZOOM!
Join the SPH on this Thursday at 3:30 pm EST for a virtual game!

KEEP CONNECTED

Move More
Switch up your at home activity level. Start by adding 10-30 minutes of movement to your day and build from there. Get ideas from RecWell’s Virtual Fitness Resource Guide.

Practice Resilience
Learn what resiliency is and new ways to build resilience skills. Turn an emotionally activating event into a skill strengthening experience. May is Mental Health Month. Check out the first episode, Resilience, from the University Health Center’s Any Questions? podcast.

Mindful Living
Incorporate mindfulness practices to slow down and stay present. Get started with mindful eating exercises or a mindfulness walk.

SHARE YOUR IDEAS:
SPH Community, please share your favorite health and wellness tips. We welcome certified health instructors to share their expertise too!

The Well
The Well
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Life in the Time of COVID-19
RSVP

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