Ride a Bike

**BIKE TO THE BEACH CHALLENGE**

This event is free to participate and lasts through May and June.
Sign up at gouvmd.edu/bikenchallenge

LOG MILES.
EARN SMILES.
COMPLETE 200 MILES BY JUNE 30

Participate in a virtual biking challenge while safely following physical distancing and local guidelines. Sign up with the **UMD Adventure Program**.

Talk Through Thoughts and Feelings

In a healthy relationship, regular communication is important. Express how you feel in the moment and schedule time to speak with your partner about how you’re both feeling. The Together Program provides workshops to help couples build strong relationships and families. Sign up here.

Take a Mindful Pause

Practicing meditations can help you relax and reduce stress. Mindful pauses only take 30 seconds and are a good way to practice mindfulness at any moment. Watch this video to learn how.

The Well Terp can be found in the Happy and Well e-newsletter. The Happy and Well e-newsletter is part of the University of Maryland School of Public Health Happiness and Wellness Initiative.

Promoting happiness and well-being for all

Subscribe to the Happy & Well e-newsletter