Yoga provides both physical and mental health benefits. Keep your practice indoors or find a space outside where you can safely physically distance. Find a video on YouTube that matches your wellness goals.

Disagreements are a natural part of healthy relationships, and it can be important to find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way. The Together Program provides workshops to help couples build strong relationships and families. Sign up here.

Enjoying a plant based snack is good for your health. You can even have it delivered to your front door. Read this UMD Alumni Association article for five healthy snacks you can have delivered.