**Keep Naps Short**

Add a nap during the day when you feel tired or want to re-energize. Naps can be a healthy addition to your routine and even improve your sleep at night. Plan to nap for up to 20-30 minutes in the early afternoon so you're still able to get a good night's rest later on.

**Create a Gratitude Jar**

Incorporate the use of a gratitude jar to recognize and manage your thoughts, emotions and feelings. Gratitude increases feelings of happiness while decreasing negative feelings like anxiety or anger. Learn to make your own Gratitude Jar by watching this video from our SPH Social Hour.

**Be Physically Active and Support Your Mental Health**

Staying physically active enhances your mental and physical health. Science shows that exercising reduces anxiety and depression by releasing natural cannabis-like brain chemicals, endogenous cannabinoids, that improve your mood. Read more about how physical activity while distancing helps offset symptoms of depression in this new UMD SPH study focusing on older adults.

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*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.*