Drink Your Vegetables

Smoothies can be a creative choice and loaded with nutrients. Use your favorite plant based foods like seeds and vegetables to make a healthy drink. Keep it clean by skipping any added sugar or processed food products.

Move While You Meet

Walking stimulates creative thinking and is great exercise. Give your eyes a break from technology by identifying which meetings can be held over the phone without additional use of technology. Encourage your colleagues to join you virtually by walking too!

Meditate

Lower feelings of stress while connecting with your inner self and others as you meditate. Listen to podcast meditations by the Health Center.

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.

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