Take a Social Media Break

Give your body a rest from technology by unplugging. Taking a break from social media can reduce feelings associated with depression and increase happiness. Set a time to log off and let loved ones and friends know about this self-care practice.

Exercise to Improve Your Posture

Incorporate core strengthening exercises into your workout routine in order to build a strong healthy back that will improve your posture and reduce your risk for injury. Lifestyle habits like sitting at a desk, looking down at your phone and inactivity can all lead to posture issues.

Wear SPF Every Day

Protect your skin from the risk of sun damage and skin cancer by wearing sunscreen at all times. Sun damage can occur on sunny or cloudy days, and even through outdoor light shining indoors. Choose a sunscreen that is labeled broad spectrum and has an SPF of at least 15. Read protective skincare tips from SPH Dean Lushniak’s time as acting Surgeon General.

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