Eat Mindfully

Slow down while eating and devote full attention to your meals. Practicing mindfulness while eating relaxes the brain, helps maintain a healthy weight and supports good digestion. Pay attention to the taste, texture and smells of your food and reconnect with what you are putting in your body.

Boost Your Brain Before Bed

Do a mental recall and reflection of your day each evening as a daily exercise and appreciation tool. Try to recall your day from the time you woke up with as many details as possible. This exercise improves short term memory, concentration and aids you in falling asleep.

Heal with Nature

Get outside and interact with nature regularly to support your mental and physical health. Allocating a few hours each week in nature can improve mood, brain health, ability to concentrate, social connectivity and your overall sense of well-being. SPH kinesiology faculty members Jennifer Roberts and Shannon Jette created Nature Rx@UMD which was inspired by the national Park Rx America movement. Find parks and trails near you using this Nature Rx@UMD search tool.

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

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