In our digital age, letter writing is often a lost form of communication. Surprise someone in your life with a handwritten, postal mailed letter to say thank you, I miss you, I care for you and share news. Taking time for this personal touch is surprising and builds relational trust.

Change the air filters in your home and car. Good ventilation is important for healthy lungs and reduces risks of air pollution. Read more about how ventilation may impact COVID-19.

Increase feelings of happiness by practicing gratitude. Exercise this behavior by volunteering locally, nationally or internationally. There are even safe opportunities to help online or from your phone. Explore ways to serve via the UMD Office of Community Engagement website and Twitter @UMD_OCE.