Attend a Wellness Workshop

The Counseling Center presents WELLNESS WORKSHOPS!
Coping with Stress, Grieving Difficult Experiences, & Nurturing Resilience. Check out our full workshop schedule at counselingumd.edu/workshops!

Take time to prioritize self care by joining one or more of the 16 monthly Wellness Workshops this fall hosted by the UMD Counseling Center! These are interactive programs as well as a weekly space for connection and support and address a variety of topics to aid in wellness practices. Join as many as you’d like—all students are welcome! Go to the UMD Counseling website for more information.

Eat a Plant Based Breakfast

Start your day with a healthy meal that incorporates plant-based foods like vegetables, fruits, whole grains, legumes, seeds, or nuts. Good nutrition can improve your energy and boost your immunity now and in the future. Try this healthy plant-based oatmeal recipe.

Engage with Someone New

Have a compelling conversation to stimulate your mind and help expand your understanding of an issue. Talking with a colleague, friend, neighbor or community member who you don’t know well or discussing an unfamiliar topic enhances intellect and promotes brain activity.

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

Subscribe to the Happy & Well e-newsletter