The Well Terp

Purify Your Air

Give your environmental wellness a refresh by cleaning the air indoors. An air purifier (with a filter) and air purifying plants like devil's ivy, spider lily and peace lily are natural ways to filter and clean your living and working spaces. Research or consult a health care provider before adding plants to make sure they are safe for animals and small children.

Journal for Self Care

Use gratitude to reflect on what feels good and what you want to manifest. UMD SPH's Brielle Merchant '14 (BCH) created Well with Brielle to provide self-care ideas and science-based ways to naturally boost your mood, well-being and overall health. Read more of Brielle's tips on how to use gratitude and journaling for regular self-care in this BET feature, "Black Wellness Gurus Offer Advice On How To Protect Your Peace Right Now."

Use a Timer

Set work and break times to manage your workload and time. Consider trying a new technique to chunk your workday into reasonable intervals. The Pomodoro Method suggests setting 25 working minutes followed by a five minute break along with an additional 15 minute break after four cycles. Remember you can adjust the timing to meet your specific tasks and health needs.

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.