Attend a Wellness Workshop

Prioritize self care by joining monthly Wellness Workshops this Fall hosted by the UMD Counseling Center. These interactive programs are 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 counseling.umd.edu/workshops/ for more information.

Fallin’ for Food

A new season means a new variety of plant based foods to eat. Explore ways to enjoy nuts, seeds and vegetables that are harvested in autumn. Some examples are brussel sprouts, mushrooms and carrots.

Pause and Reflect

Make an effort to slow down and take a ‘mindful pause’. Use the time to reflect on how you are feeling.

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