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.

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COVID-19 Safe Holidays

There are so many ways to celebrate while keeping you and your loved ones healthy and safe. When making plans for the holidays consider how many people will be attending (smaller is safer for in person events), how much time you’ll spend with others and where you may be getting together. Do what’s right for you and remember COVID-19 prevention efforts are an act of love towards yourself and others. See some tips from the UMD Health Center.

Express Gratitude

Showing gratitude is a healthy way to reduce stress. Make time to reflect on what you’re grateful for.

Enjoy Plant-Based Foods

Eating plant-based reduces your risk of chronic diseases. Add more vegetables, nuts, seeds and fruits to your meals—and have fun with it by exploring a variety of choices and recipes.

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