Stay Well This Winter

We know the best tools to protect from the flu and other contagions: wash your hands with soap for at least 20 seconds. Avoid touching your face. Stay six feet away from others. Wear a mask. There are a variety of additional ways to support your physical and mental health right now. Read this blog post for ways to improve your body’s resilience, strength and immune response.

Practice Good Sleep Hygiene

Sleep is an essential part of everyday functioning. Adequate sleep regulates mood, as well as cognitive and physiological functioning. Most adults need 7 to 9 hours of sleep consistently each night! Try these 5 tips for restful sleep:
1. Sleep and wake up at the same time.
2. Skip the nap.
4. Wind down and turn off electronics.
Read more about sleep resources.

Managing the Adrenaline Rush

Busy schedules can interrupt routine meal times and increase your adrenaline. Adrenaline can keep your body going in a way that decreases your appetite and interrupts your hunger cues. Planning your meals and snacks supports healthy eating throughout the day. Read more about how adrenaline can impact hunger.

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

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