Engaging in intellectual and cultural activities expands perspective and understanding of diverse points of view. Try broadening your choices: read a book and have a conversation with multiple viewpoints, listen to a podcast, watch a foreign film or learn a new language, and experience the arts through music, dance and heritage events. Include a variety of activities in your routine that help you thrive and flourish.

Listening to your body by being attentive to signs of fatigue, muscle tension and soreness is an important element of physical activity. Incorporate rest and recovery days into your plans. Learn more about how to prevent injury and other physical wellness tips.

Use resources and partners to help reach your goals. You don’t have to do it alone; services like the University Health Center’s wellness coaching offer guidance in breaking down goals into manageable, actionable steps and offer ongoing support and accountability. For more information visit the UMD Health Center’s Wellness Coaching website.