Support your water intake by scheduling reminders. Set one for every hour you work and add additional hours to meet your goal. Drinking a glass of water each hour in an 8-hour workday will add at least 8 cups (1,920 ml) to your daily fluids.

Promote happiness and well-being for all by encouraging and reassuring your loved ones. Reinforce healthy relationships by building each other up. Be open to letting them know when you would like their support too.

Be Supportive

Embrace a Growth Mindset

Develop a spirit of awareness, knowledge seeking and persistence amidst challenges. This practice creates opportunities to deal with challenges and build resilience.

Drink Water Regularly

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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