Self-Care isn't Selfish

Regularly spend time practicing healthy stress reduction techniques that prioritize yourself and help you feel more relaxed. Watch the recording of the Self-Care in a Time of Change Workshop to learn practical ways to incorporate self-care now as you plan ahead.

Meditate

Meditation can be a healthy stress reduction technique. Take time to connect within. Access FREE meditations hosted by the University Health Center.

Recognize Individuality

Honor your identity and the identities of others. November 13-19 is Transgender Awareness Week and November 20 is Transgender Day of Remembrance. Learn more about these observances and how you can celebrate at GLAAD.

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

The Well Terp

Attend a Wellness Workshop

COUNSELING CENTER

Commingling Center presents WELLNESS WORKSHOPS

Prioritize self care by joining one or more of 16 monthly Wellness Workshops this Fall hosted by the UMD Counseling Center! These interactive programs, as well as serving as a weekly space for connection and support, address a variety of topics to aid in wellness practices. Go to counseling.umd.edu/workshops/ for more information.

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