Keep Up Social Connections

At a time when mental health and wellbeing is being tested by the world around us—COVID-19, social injustice, a contentious election and environmental disasters—togetherness is important. Send a message, make a call or set up a time to meet with friends and family and focus on positive memories and being in community with one another. Remember to keep health and safety in mind and practice the 4Maryland steps to prevent the spread of COVID-19.

Communicate with CALM

Foster personal and community resilience during communication by practicing the CALMing method. The goal is to model positive strategies for self-care and offer a space to share your voice and be heard. Try these four steps:

- **CONNECT** through communication and set aside distractions to offer your full attention; support the person in
- **AFFECTION**—share and show your emotions and feelings and validate their own;
- **LISTEN** for understanding—learn how they show and express their experiences and feelings; and
- **MIRROR** what has been shared by asking clarifying questions and honoring their thoughts and feelings.

Focus on Self-Care

Carve out regular time for yourself. Turn off the news, take a break from your daily to-dos and set reminders that prompt you to turn your attention toward self-care.

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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