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.

Healthy De-Stressing

Identify alternative activities that are enjoyable and support your overall health and well-being. Avoid the use of drugs like alcohol as a primary means to socialize or cope with how you’re feeling.

Community Care and Service

Get involved by making a donation to organizations online, through the mail or by curbside drop off. Donate meals to frontline workers locally or nationally and engage in community service projects through the UMD Office of Community Engagement or local and national organizations, including Campus Pantry, College Park Community Food Bank, Casa Ruby, National Center for Children and Families, A Wider Circle, Feed Your Hospital, Meals On Wheels, No Kid Hungry, Partners In Health global coronavirus response and more.

The Sunshine Nutrient

Vitamin D is one of the most unique nutrients, because our bodies make vitamin D when our skin is exposed to sunlight! When skin is less exposed to sunlight, particularly in colder months, pay attention to getting vitamin D through nutrient rich foods. Learn about the importance of obtaining vitamin D all-year-round!

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Promoting happiness and well-being for all