Proactively promoting health, wellness and resiliency through strength-based communications, training, curriculum, research and assessment for our diverse communities across campus, Maryland, the nation and the world.

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Spreading a Little Happiness
Science shows that happiness does us good. Try adding acts of kindness to your day and discover how you feel happier.

Source: 50 Ways to Feel Happy, Vanessa A. King

The Well Terp
Find science-based wellness tips for healthy and happy living in our weekly feature, The Well Terp.

Read The Well Terp

Some Good News
Our Happiness & Wellness Initiative shares "Some Good News" from the SPH and our extended community, inspired by SGN: Some Good News with John Krasinski.

You can submit your own good news by email to happyandwell@umd.edu.

Read Some Good News

Keep Connected

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