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.

**Spreading a Little Happiness**
Happy Fact: We all have our own paths to happiness. What things, places and people bring you happiness? Continue to keep these in mind and practice.

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

Learn about this week’s health and wellness tips to decrease stress, incorporate more exercise into your day, and improve your nutritional intake.

[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.

[Read Some Good News](#)

You can submit your own happy facts, wellness tips, and good news by email to happyandwell@umd.edu.

**Keep Connected**

Questions? Email happyandwell@umd.edu.

[Subscribe to this e-Newsletter](#)