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**
Jump your way into a youthful spirit and find joy returning to activities from childhood like hopscotch, skipping rocks and jumping rope.

**The Well Terp**
Read this week’s tips on ways to sleep better, get more physical activity and stay up to date on your medical needs.
Find science-based wellness tips for healthy and happy living in our weekly feature, 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 happy facts, wellness tips, and good news by email to happyandwell@umd.edu.

Questions? Email happyandwell@umd.edu.