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

Read The Well Terp here

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 here

Keep Connected

SOCIAL HOUR
Let’s connect over ZOOM!
Join the SPH this Thursday, 6/18 at 3:30pm EST to explore ways to find joy amidst a crisis and make your own Gratitude Jar.

RSVP

UMD SCHOOL OF PUBLIC HEALTH
Wednesday, July 15 at 12:00pm EST
Join us as we answer your COVID-19 questions and discuss research, innovation and resources from the greater UMD community.

Questions? Email happyandwell@umd.edu.

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