The Well Terp
Special Edition

On this Veteran’s Day, Tuesday, November 11, join us to celebrate and thank our veterans for their hard work and service to society. Visit https://stamp.umd.edu/VetsWeek2020 for space-related events highlighting the accomplishments of UMD veterans, past and present.

Inclusion

Office of Diversity and Inclusion Sika Wheeler provides a brief reflection guide to help with processing this election season. The guide can be done individually or with others. For more, visit https://umd.edu/deathofanamerica/

Managing Conflict and Setting Boundaries

Office of Diversity and Inclusion’s space is for community and support. This is not a place to debate policies, opinions or ideas. Space from the Office of Diversity and Inclusion’s Thought and Feelings group highlights common unrealistic assumptions and expectations that influence our responses to unexpected events.

Try Reflection as a Post-election Healing Resource

Office of Diversity and Inclusion urges people to reflect on their emotional and mental health in a variety of ways, including this space. It’s important to still feel the weight of election results from your heart, body and mind. Visit https://umd.edu/deathofanamerica/ for more.

Election-related distress can impact an individual’s mental and physical health in a variety of ways, yet getting the optimal amount of sleep each night can be a difficult feat, especially during the election season. The guide can be done individually or with others. For more, visit https://umd.edu/deathofanamerica/

Practice Sleep Hygiene for More Restful Sleep

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Managing Life’s Curve Balls

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