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**
Tap into the power of your body’s natural love hormone, oxytocin, by sharing a hug with a family member, play time with your pet, or a smile with a special someone (especially important in a time when physical distancing is necessary).

**The Well Terp**
This week’s tips include information on plant-based eating, engaging with someone new and attending wellness workshops.

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

**Some Good News**
As we recognize September 11th and the National Day of Service and Remembrance, the UMD School of Public Health (SPH) would like to share the public health good they are doing in their communities, as well as the UMD SPH, UMD campus and public health professions. Check out messages shared from our SPH community during the SPH Fall 2020 Assembly.

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

**Keep Connected**
Share this e-newsletter by hitting the ‘forward’ button!

**SOCIAL HOUR**
Let’s connect over ZOOM!
Join the SPH on this Thursday September 17th at 11:00am EST for a virtual game!
RSVP by emailing happyandwell@umd.edu with “9/17 Happy Hour RSVP” in the subject line.

**LIVE CHAT**
Join us for a back-to-school conversation addressing issues such as social isolation, anxiety and COVID-19 updates.

Questions? Email happyandwell@umd.edu.