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**
Endorphins can act as natural painkillers and increase feelings of happiness. Try activities like playing with a baby or enjoying your favorite foods to increase endorphins.

**The Well Terp**
This week’s tips include information on purifying your home’s air and the benefits of gardening.

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 good news by email to happyandwell@umd.edu.

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

Questions? Email happyandwell@umd.edu.

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