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: Winter Comforts**

As winter takes hold, focus on the comforts that come with seasonal changes like a crisp winter walk, a hot drink, a fire in the fireplace, a warm snuggle with a good buddy or book, and holiday movies.

How do you warm up to winter? Share comforts that bring you happiness with us at happyandwell@umd.edu.

**The Well Terp**

This week’s tips include information on managing holiday stress and ways to get more movement in your day.

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

[Read 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.

[Read Some Good News](#)

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

**Keep Connected**

[UMD SCHOOL OF PUBLIC HEALTH](#)  
**Wednesday, December 9**  
**at 12:00pm EST**  
Join us as we answer your COVID-19 questions and discuss research, innovation and resources from the greater UMD community.

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

[Subscribe to this e-Newsletter](#)

Questions? Email happyandwell@umd.edu.

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