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**

**Spark Joy (Safely)**
The winter season can be a time to get festive and decorate! UMD Fire Marshall, Alan Sactor, shares information and tips on how to safely decorate, cook and enjoy activities this season. To learn more watch this new Montgomery County television show co-produced by Gloria Aparicio Blackwell, director of the UMD Office of Community Engagement and member of the SPH Community Advisory Committee.

**The Well Terp**
This week's tips include information on improving self-esteem and indulging during the winter season.

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.

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Questions? Email happyandwell@umd.edu.