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
See the Glass Half Full
Drink a tall glass of happy thoughts to support a positive attitude and improved mood. Positivity is a skill you can grow, not a personality trait that you do or don’t have.

The Well Terp
This week’s tips include information on setting goals, getting outside for physical activity and ways to eat healthy.

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.

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