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: Celebrate a National Day

Find some meaning and fun by discovering the history of a national day! There are several important and entertaining days taking place the second week in December: Human Rights (10th), Nobel Prize (10th), Gingerbread House (12th), National Cocoa and National Violin (13th).

The Well Terp

This week’s tips include information on expressing gratitude, safe holiday practices and eating 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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