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

Be a Good Friend to Yourself

Focus on what you’re good at to support your happiness. Celebrate your strengths by writing them down and posting them around you. Use your strengths as catalysts to help you find ways to improve, learn and move forward.

The Well Terp

This week’s tips include resources on building resilience and healthy goal-setting skills.

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

Maryland Masterclass: Cooking with Joy

The UMD Alumni Association’s Maryland Member Masterclass series hosts high-profile Terps focused on professional advancement, personal improvement and financial guidance. On Thursday, February 25 you’ll have a chance to cook alongside alumna Joy Bauer ’86, the TODAY show nutrition and healthy lifestyle expert, as she makes three delicious food and drink recipes to spice up your tailgate or court-side menu.

Cost: Free for Members
Date and Time: Thursday, February 25 from 6 pm—7 pm EST

It’s National Eating Disorder Awareness Week and Love Your Body Week!

Join the Counseling Center and Health Center in raising awareness and celebrating what your body can do. Use the toolkit to celebrate and share on social media. #TerpsLoveTheirShells #NEDAwareness

Learn More and Register

Access the Toolkit

Questions? Email happyandwell@umd.edu.

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