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.

Celebrate Black Joy
It's critical to our well-being to acknowledge joy. As we observe Black History Month, seek images, voices, stores and people that highlight the spectrum of living Black lives and experiences, acknowledging that joy is an act of resistance, healing, happiness and humanity.

The Well Terp
This week's tips include resources to help you get moving outdoors, mindfully approach uncertainty, and foster good sleeping habits.

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

Community Crafting
Mark your calendars for the February Community Craft, where we will be designing picture frames or wreaths from puzzle pieces! Puzzle pieces have been used for years to show connection and teamwork, and they also represent Autism Awareness. Choose one of these themes or pick one that makes you happy, such as rainbow, ombre, Valentine colors and so on. This is a true expression of you! If you need assistance ordering the supplies, contact Cyndi Kershaw at ckershaw@umd.edu.

February 11, 2021 from 2:00 - 4:00 pm EST
February 12, 2021 from 2:00 - 4:00 pm EST

These are open times, you do not need to join for the full two hours or participate in both sessions. Drop-ins are welcome!

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 UMD School of Public Health 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. This event is free for UMD Alumni Association Members.

Learn More and Register

Questions? Email happyandwell@umd.edu.