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
Get Inspired, Effect Change
Monday, January 18, marked the national Martin Luther King, Jr. holiday and the MLK Day of Service that celebrates Dr. King’s life, legacy and pursuit of civil rights. On this 26th anniversary, think about who and what inspires you in the continued fight to end racism and the journey towards equity and justice.

The Well Terp
This week’s tips include information on connecting with loved ones via wellness and creating work/life balance.

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

Share this e-newsletter by hitting the ‘forward’ button!

Questions? Email happyandwell@umd.edu.