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.

Take In The Light
As we move into the New Year, each day continues to bring more light. Take time to reflect on how light illuminates your mind and body, and the ways we see the world around us. National Youth Poet Laureate Amanda Gorman’s inaugural poem, “The Hill We Climb,” captures the power of light, “There is always light. Only if we are brave enough to see it. There is always light. Only if we are brave enough to be it.”

The Well Terp
This week’s tips include information on sleep hygiene, tidying up and the importance of getting your HPV vaccine.

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.

Community Crafting
Mark your calendars for the February Community Crafting, 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!

Keep Connected
Share this e-newsletter by hitting the 'forward' button!

Questions? Email happyandwell@umd.edu.