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**

**Stay Happy in the Winter**
Try out happiness practices from people who live in the coldest places to stay positive this winter. A quick internet search will offer a variety of options such as dressing for the changing weather and winterizing your workout.

**The Well Terp**
This week's tips include information on building physical activity routines and resources for supporting your goals. 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**

2021 Time and Dates to be Determined
Join us as we answer your COVID-19 questions and discuss research, innovation and resources from the greater UM Community.

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

Questions? Email happyandwell@umd.edu.