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**

It’s OK not to feel happy. While a positive mood and focus supports our well-being, honoring all of our emotions from anxiety, to fear, to loneliness can be useful. For example, movements that change the world are often fueled by frustration or anger. It’s engagement with all of our emotions that motivates us to improve ourselves, fight for our individual and collective rights and create meaning in our lives.

**The Well Terp**

Short-term stressors, such as the election last week, can have long-term effects on mental health and anxiety. This week’s tips include post election resources to help you to manage your stress and anxiety through regular exercise, better sleep and post-election resources from campus. 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**

- **Faculty/Staff Election Distress Space**
  - Wednesday, November 11 and Thursday, November 12 | 1:00 pm - 3:00 pm EST
  - Join the UMD Office of Diversity and Inclusion in this space for faculty and staff members to enter ‘as they are’ and be heard and validated. This is not space for debates about policy or candidates, but rather an opportunity for faculty and staff to process their anxieties, fears, concerns and any other feelings as a means to be better equipped to support their students.
  - Register for the November 11 Session
  - Register for the November 12 Session

- **MOSAIC 2020 Fall Workshop Series**
  - Thursday, November 12 and Thursday, November 19 | 5:30 pm - 6:30 pm EST
  - This 3-week series focuses on raising self-awareness, expanding knowledge and encouraging action among diverse student leaders. Dynamic simulations and group discussions create an environment for individuals to examine their identities and how they influence their understanding of and approach to leadership. Join the last two workshops by registering below.
  - Learn more.
  - Register for the November 12 Workshop
  - Register for the November 19 Workshop

- **PHACE Leadership Forum**
  - Friday, November 13 | 12:00 pm - 1:30 pm EST
  - Join Public Health Action Through Civic Engagement (PHACE) for this semester’s Leadership Forum, which will be held on Zoom! Hear from several speakers, including Dean Lushniak. The discussion will center on public health in retrospect of 2020 and ways we can engage civically and passionately about public health!
  - Learn more.
  - Register for the PHACE Leadership Forum

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

Questions? Email happyandwell@umd.edu.

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