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**

Be intentional to stay positive and overcome your brain’s tendency to focus on threats. Even when we are experiencing challenges and threats, we can use optimism to tap into healthy physical and psychological choices that support our wellbeing.

**The Well Terp**

This week’s tips include information on planning for a winter break while adhering to COVID-19 safety and how to manage holiday stress.

Find science-based wellness tips for healthy and happy living in our weekly feature, The Well Terp.

**Some Good News | A Success Story of ‘Good Trouble’**

In an effort to address systemic racism and health equity, one Assistant Professor, Jennifer Roberts (KNES), channelled the late Representative John Lewis’ practice of getting into good and necessary trouble to further racial justice and equality by challenging an journal’s editorial practices.

You can submit your own good news by email to happyandwell@umd.edu.

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