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
Doing self-care activities can increase your dopamine levels, which spark feelings of happiness. Schedule time for a self-care activity this week.

The Well Terp
This week’s tips include ideas for self-care, strengthening communication and safely connecting with loved ones.

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.

UMD Good Neighbor Day
Saturday, November 7
Good Neighbor Day brings together the College Park community to beautify shared spaces, educate and engage in sustainable practices, and take pride in Greater College Park. This year the event will include both in-person and virtual projects and workshops.

Learn more.

Register for Good Neighbor Day

Virtual Workshop | Self-Care in a Time of Change
Tuesday, November 10
11:00 am — 12:00pm EST
Join for a conversation on prioritizing mental, emotional and physical health as we face election results, co-pandemics and seasonal changes that impact our identities, relationships and well-being.

Panelists:
- Brian Medina, UMD Office of Diversity and Inclusion, UMD Bias Incident Support Services
- Brielle Marchant, MHA, CHES, RYT, UMD SPH Happiness & Wellness Initiative, Office of the Dean
- Dr. David Peterson, Staff Psychologist, UMD Counseling Center
- Dr. Mariana Falconier, SPH Center for Healthy Families

Register for the Workshop

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

Questions? Email happyandwell@umd.edu.