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**

Happiness starts within. Alone time can help you feel refreshed and provide clarity. Identify activities you can do on your own and enjoy the special time you set aside for yourself.

**The Well Terp**

This week’s tips include information on UMD community meditations, bonding with nature and mindful eating.

**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**

**SAFETY TIPS: HALLOWEEN 2020**

**Voting with Health in Mind: A Nonpartisan Voter's Guide**

Use UMD Horowitz Center for Health Literacy's non-partisan Voter's Guide to learn candidates' views on health-related topics and decide whether you agree with them.

**Electoral Health Guide**

**Webinar | Engaging Communities of Color for Flu Vaccine Uptake by Breaking Through COVID-19 Misinformation**

Wednesday, October 28
6:30 PM - 7:45 PM EST

Join us for an important conversation on how we can encourage communities of color to get the flu vaccine and cut through the noise of COVID-19 misinformation. Learn more.

**Register for this Webinar**


Wednesday, November 4
11:00 AM - 12:00 PM EST

Join a panel of experts in elections, constitutional law, congress and journalism to discuss the 2020 election and what's to come. Learn more.

**Register for this Webinar**

**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**

Questions? Email happyandwell@umd.edu.