**Eat Your Water**

Increase your water intake by including water-rich produce in your meals. Hydration is important for overall health and plant-based foods like lettuce, celery, zucchini, cabbage and watermelon are 90% water when consumed fresh, not cooked.

**Provide Support in Relationships**

Offer reassurance and encouragement to each other. Let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.

**Spice It Up**

Add fresh or dry herbs to your favorite meals for delicious flavor and added health benefits. Natural seasonings and spices are low in sodium, boost immune and brain health and have a variety of remarkable medicinal properties, including anti-inflammatory and anti-diabetic effects.

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The Well Terp can be found in the Happy and Well e-newsletter. The Happy and Well e-newsletter is part of the University of Maryland School of Public Health Happiness and Wellness Initiative.

**Promoting happiness and well-being for all**

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