The Well Terp

Adopt a Growth Midset

Develop a spirit of knowledge seeking and persistence amidst challenges. This practice creates opportunities to deal with difficulties and helps to build resilience.

Disconnect to Get Better Sleep

Set a time each night to turn off your phone and other electronic devices. Science shows that eliminating screen time and reducing exposure to the blue light from devices supports your body’s ability to produce melatonin, a sleep promoting hormone.

Check in With Your Providers

Review your health needs and see when you are due for a visit. Call your providers to determine COVID-19 safety protocols and what your plan of action could be.

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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