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**
Laughter is a great way to increase your endorphins. Try a laughter exercise this week!

**The Well Terp**
This week's tips include information on ways to improve your air quality, practice gratitude and connect via letter writing.

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.

Questions? Email happyandwell@umd.edu.

Keep Connected