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**
Serotonin boosts feelings of happiness. Activities like swimming can naturally increase serotonin levels. Find time to take a dip in the water.

**The Well Terp**
This week’s tips include ways to kickstart your morning routine, boost your productivity and get a good night’s sleep.

Find science-based wellness tips for healthy and happy living in our weekly feature, The Well Terp.

Read 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.

Read Some Good News

You can submit your own good news by email to happyandwell@umd.edu.

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