

MSU Extension Health Social – Emotional Health and Wellbeing Programs

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Keys to Embracing Aging

***Series or One-Time Workshop | Six weeks | 1 hour per session**

We are all aging, but whether we do so gracefully is up to us! Learn twelve keys that can help you grow older successfully and with increased longevity. No matter your age, you can take steps now to age well into the future.

Mindfulness for Better Sleep

This program combines the benefits of Mindfulness and Sleep Education for Everyone. Mindfulness has been shown to reduce stress-related symptoms such as worry, depression, and physical tension, and may help manage chronic conditions. Participants will also learn techniques to improve both the quality and quantity of their sleep.

RELAX: Alternatives to Anger

***Series or One-Time Workshop | Four lessons | 1 hour each**

Lessons may be taught weekly over four weeks or offered as a single workshop. Topics include recognizing anger signals, ways to calm down, problem-solving through conflict, and learning to forgive and let go of the past.

Stress Less with Mindfulness

***Series or One-Time Workshop | 1–1½ hours per lesson**

Lesson topics include:

- Introduction to Mindfulness
 - Mindful Eating
 - Mindful Walking & Thought Surfing
 - Be Kind to Your Mind
 - Laughter Is Good Medicine
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One-Time Workshops (1–1½ Hours)

Brief Practices in Mindfulness

This workshop introduces a variety of mindfulness practices that can be used every day. Participants will experience mindful breathing, grounding techniques, ways to quiet the mind, a brief body scan, mindful walking, guided forest meditation, and seated meditation. The workshop concludes with guidance for developing a personal mindfulness practice plan.

Building Resilience to Avoid Burnout

Learn how to strengthen resilience and reduce burnout by building protective factors such as supportive relationships and healthy coping strategies. Participants will learn to recognize the signs of burnout and

practice skills for managing stress and building resilience.

Changing Negative Self-Talk

Participants will learn about the brain's negativity bias and how it influences our response to stress. This workshop explores the benefits of positive self-talk and introduces practical tools for managing negative thinking patterns.

Mindful Educators

This workshop explores the fundamentals of mindfulness while helping educators build their own personal practice. Participants will learn about the benefits of mindfulness for children and discover techniques and resources for integrating mindfulness activities into classrooms for elementary, middle, and high school students.

Mindfully Feeding Infants and Toddlers

Learn how mindfulness concepts can support healthy feeding relationships with infants and toddlers. Participants will explore research on parenting styles, temperament, and mindfulness, and learn how these factors support responsive feeding and lifelong healthy eating habits.

Mindfulness for Parents & Caregivers

This workshop introduces basic mindfulness concepts, activities, and resources for parents and caregivers of young children. Participants will learn about the benefits of mindfulness for both adults and children and explore ways to introduce mindfulness practices at home.

Teaching Kids Mindful Eating

Participants will learn ways to help young children develop lifelong healthy eating habits through mindfulness. Topics include eating with mindful awareness, understanding appropriate portion sizes, learning about competent eating, and experiencing mindful eating practices.

Mental Health First Aid

Mental Health First Aid can be offered as an 8-hour certification course (\$45 per participant) or as a one-time workshop (1 hour) on recognizing the signs and symptoms of a mental health crisis and how to intervene. Participants learn how to identify when someone may be experiencing a mental health challenge and how to respond with appropriate support and resources.

Mindfulness in the Workplace

This workshop introduces mindfulness and mindful self-compassion as tools for improving wellbeing in the workplace. Participants will learn the basics of mindfulness, explore how employees benefit from a mindful work environment, and examine how organizations can benefit from fostering a culture of mindfulness.

Participants will:

- Learn the basics of mindfulness and mindful self-compassion
 - Explore how employees benefit from a mindful work environment
 - Learn how organizations benefit from a mindful workplace culture
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Sleep Education for Everyone Program (SLEEP)

Series | Six sessions | 30 minutes each

Sufficient sleep is essential for optimal health and wellbeing. The quality and quantity of sleep affect both the mental and physical health of people of all ages. The SLEEP program includes six 30-minute sessions covering key topics related to healthy sleep habits.

Session topics include:

- Introduction to sleep and health, including recommended sleep duration guidelines
 - Sleep hygiene best practices
 - Stimulus Control Therapy
 - Mindfulness and relaxation
 - The relationship between sleep and physical activity
 - Common sleep myths
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Sleep Education for Everyone Program (SLEEP) – One-Time Workshop

One-Time Workshop | 1 hour

Sufficient sleep is essential for optimal health and wellbeing. The quality and quantity of sleep affect the mental and physical health of people of all ages. The SLEEP program was developed by sleep researchers, a certified sleep medicine specialist, and Michigan State University Extension educators.

During this 60-minute workshop, participants will learn about:

- The importance of sleep for both physical and mental health
- The role of sleep hygiene
- Strategies to improve sleep
- Mindfulness and relaxation techniques

Diabetes Prevention & Management Workshops

Diabetes Simplified

Learn ways to be proactive and begin effective diabetes self-management. This workshop explores common terms and types of diabetes, how diabetes affects the body, and how the condition is diagnosed.

Type 2 Diabetes Basics

Food plays an important role in managing type 2 diabetes. This presentation discusses the basics of blood glucose management and introduces different approaches to monitoring carbohydrate intake. Participants will review food groups, serving sizes, carbohydrate counts, and common questions.

Smart Food Choices

Meal planning can feel overwhelming. This workshop breaks the process into manageable steps, focusing on food choices that support health goals and strategies for shopping for healthy foods while staying within your budget. Participants will leave with practical tips for making grocery shopping less stressful.

Keep Moving

Physical activity plays an important role in preventing and managing type 2 diabetes. Participants will learn how to overcome common barriers to staying active, explore different types of physical activity, and discover ways to move more in everyday life. The workshop includes a brief introduction to chair yoga.