



# 2026 Winter Wellness Series

## REGISTRATION REQUIRED

Join us for a free,  
3-Week series this  
winter!

**Date: 1/29/26**

Caring for the Caregiver

**Date: 2/5/26**

Changing Negative Self-  
Talk

**Date: 2/12/26**

SLEEP Basics

## **LOCATION / TIME:**

Online; Thursdays

12:00-1:00pm

Sessions will not be  
recorded.

## **TO REGISTER:**



The new year offers a fresh start—but it can also bring the return of everyday stressors that feel overwhelming. If you're looking for practical ways to care for yourself, reduce stress, and boost your overall well-being, our **Winter Wellness Series** is the perfect opportunity to reset. Each one-hour, virtual lunchtime session is designed to do more than inform—it will empower you with tools and strategies you can start using right away. You're welcome to join one, two, or all three sessions.

**Caring for the Caregiver** In this session, you'll learn why self-care is essential—whether you're caring for a family member, children, or a friend. We'll practice practical strategies to help you take better care of yourself so you can better care for others.

**Changing Negative Self-Talk** Participants will learn about the brain's natural negativity bias and how it shapes our responses to stress. We'll also discuss the benefits of positive self-talk and explore practical tools for recognizing and reframing negative thoughts.

**SLEEP Basics** Participants will explore the critical role sleep plays in both physical and mental health and learn practical strategies for improving sleep hygiene to support overall well-being.

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