

Social/Emotional Health Classes

Research has shown that mindfulness, good mental health and healthy relationships are effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions.

[Mindful Wednesday Lunch & Learn: Sleep Basics](#)

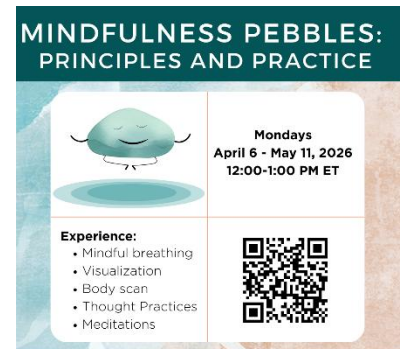
April 1, 2026 | 11:00 a.m. – 12:00 p.m.

Objectives of this workshop include understanding the importance of sleep for both physical and mental health, recognizing the importance of sleep hygiene, identifying strategies to improve sleep.

[Mindfulness Pebbles: Principles and Practice](#)

Mondays, April 6 - May 11, 2026 | 12:00 p.m. – 1:00 p.m.

Mindfulness Pebbles is a six-lesson series that introduces the core principles of mindfulness and provides opportunities for experiencing mindfulness practices. We explore each principle and practice as a "mindfulness pebble," a small, intentional drop of awareness that can create meaningful ripples throughout daily life.



Register: <https://news.in/events/msex/5884/> MICHIGAN STATE UNIVERSITY Extension

[Mindful Wednesday Lunch & Learn: Laughter is the Best Medicine](#)

April 15, 2026 | 11:00 a.m. – 12:00 p.m.

Laughter is the Best Medicine explores the social, emotional, mental, and physical benefits of laughter. We will share jokes, practice laughter yoga, and learn how to add more laughter to our day.

[Mindful Wednesday Lunch & Learn: Mindful Eating](#)

April 22, 2026 | 11:00 a.m. – 12:00 p.m.

This lesson will help participants learn benefits of eating with mindful awareness, create a personal hunger/fullness scale as a guide for sensing when and how much to eat and experience paying mindful attention to eating.

[Mindfulness for Better SLEEP](#)

April 22, 2026 | 1:00 p.m. – 2:30 p.m.

This mindfulness program introduces participants to the experience and practice of mindfulness.

[Online Extension Extras for Professionals Fourth Fridays: Mathematics for Infants and Toddlers](#)

April 24, 2026 | 1:00 p.m. – 2:30 p.m.

Extension Extras for Professionals is a collection of free online workshops that provide professional development, guidance, and support for early childhood professionals and caregivers. Trainings are eligible for MIRegistry hours.

[Spring Into Mental Well-Being Part 3: Building Resilience to Avoid Burnout](#)

April 28, 2026 | 1:00 p.m. – 2:00 p.m.

This session offers an overview of what burnout is and what we can do to manage and prevent it.