

NURTURING YOUR HEALTH AND WELLBEING SPRING 2026

Learn more and/or register for events at uhw.msu.edu

WorkLife Wellbeing

- **Navigating Change in the Workplace: Wednesday, February 11, 1-2 p.m. via Zoom**
 - Learn practical strategies for navigating change, building resilience, supporting others, and leading through uncertainty.
- **Speaking Grief at Work: Wednesday, March 11, 1-2 p.m. via Zoom**
 - Normalize grief and loss, clarify common myths, and learn about tools for a grief-supportive environment.
- **Neurodivergence in the Workplace 2- Supporting Yourself and Others: Wednesday, April 8, 1-2 p.m. via Zoom**
 - Dive into how to support yourself and others and build a community inclusive of neurodivergent experiences.
- **WorkLife Wellbeing Retreat: Tuesday, May 12, 2026; 8 to 11:30 a.m. In-Person**
 - Step away from daily demands and focus on strategies to improve your WorkLife Wellbeing. Attendees can expect to gain knowledge and skills, reflect and plan health actions, and build community connections. Spots are limited and registration will open in mid-Spring 2026.

Spartan Resilience Education

- **Developing Emotional Resilience: Tuesdays, February 3 to 24, 12 to 1 p.m. via Zoom**
 - Start a new relationship with your emotions.
- **Increasing Psychological Flexibility: Mondays, March 9 to 30, 12 to 1 p.m. via Zoom**
 - Learn six core skills that will help you be more flexible and effective, with less stress and upset.
- **Navigating Hard Times with Empathy and Self Compassion: Tuesdays, April 7 to May 5, 12 to 1 p.m. via Zoom**
 - Explore how we show up for ourselves and our colleagues when we are having a hard time.
- **Setting Healthy Boundaries: Wednesdays, May 13 to June 17, 12 to 1 pm. via Zoom**
 - Learn how to build boundaries that are essential for healthy relationships at home and work.

Spartan Resilience Grief and Loss Support Sessions

- **Tuesdays from 4 to 5:30 p.m. via Zoom**
 - Find healing and growth within our community through support sessions led by licensed grief counselors.

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Move More @ Work

- **Midday Moves: One Friday of Each Month; 12:10 to 12:50 p.m. via Zoom and at the MSU Library**
 - Sitting at your desk for long periods of the day? Break the cycle with a full body strength and stretch session.
- **Desk Decompress: Mondays from 12:15 to 12:45 p.m.; Thursdays from 2 to 2:15 p.m. via Zoom**
 - Take a few minutes to relax and decompress while stretching and strengthening the full body (Mondays) or the neck, spine, wrist and shoulders (Thursdays).
- **Trauma-Informed Weight Lifting: 2/3 from 9 to 10 a.m.; 2/18 from 12 to 1 p.m.; 4/2 from 3 to 4 p.m. | Location to be provided upon registration**
 - ***Survivors and co-survivors of interpersonal or sexual violence*** can explore bodily awareness through physical activity and learn how exercise can increase strength and offer a healthy coping strategy for stress.

Relaxing Under the Stars

- **3rd Monday of Most Months: 2/16, 3/16, 4/20, 5/18 from 12 to 12:50 p.m. at Abrams Planetarium**
 - Discover the Healing Power of Music! Join us inside Abrams Planetarium for live music and relaxation under the stars.

Take Your Child to Work Day

- **Thursday, April 23 from 8:30 a.m. to 4 p.m.**
 - Employees are encouraged to bring their child, or a special child in their life, to celebrate the many career, educational and entertainment events we have at MSU!

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