



Wellness Council Webinar Notes

February 1, 2024

Welcome

- Thank you for joining our February Wellness Council webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- This month's agenda includes:
 - Wear Red Photo
 - Moments of Wellness
 - Celebrations
 - Quarterly Activity List
 - What's New
 - Wellness Council Spotlights
 - Upcoming Schedule
 - Your Updates

Wear Red Group Photo

Since tomorrow, Friday, Feb. 2, is Wear Red Day, we invited you to wear red, make your virtual background red or heart-themed or accessorize with some red for today's webinar so we can take a virtual group photo. We'll stop sharing the PowerPoint and invite those who wish to participate to turn on their cameras and show off their red now.

Moments of Wellness

Today we're going to do something similar to what we did in the November Wellness Council Webinar. I'll be guiding us through three moments of wellness that you could easily integrate into a team meeting or have a Wellness Coordinator help you facilitate. Each moment of wellness will be from one of our focus areas and comes from our 21 Days to a Healthier Heart Challenge.

Physical Activity

A quick way to lead your team in a wellness activity is by taking a stretch break. [New research](#) has shown a 12-week stretching regimen improved blood flow, lowered blood pressure and decreased the stiffness of arteries. Good blood flow leads to less damage on artery walls and may mean a lower risk for heart attacks and strokes. Day 12 of the 21 Days to a Healthier Heart Challenge is to add a [stretch break](#) to your calendar, or join us for seated yoga from [12-12:15 p.m. CT](#).

If you'd like to lead a stretch break during a team meeting you could livestream a video such as the less than two minute video: [Seated Stretches for the Workplace](#), use examples



like we will see in the next few slides and/or have your Wellness Coordinator assist. Let's do some quick stretches together now.

We're going to start off by doing neck rolls to each side. We'll do this for about one minute. As you gently roll your neck from side to side, think about how it feels. Perhaps you notice some pops or crackly sounds. Try to focus only on your movement. As you continue gently rolling your neck from side to side, be sure to breathe. You might notice one side feels or sounds different. Stress and tension can easily be carried in the neck.

Now we are going to do a seated cat/cow for about two minutes. With cat/cow it's recommended to link your movements to your breath. Inhale as you bring your back in/away from the chair. Exhale as you curve your back out/toward the chair. Allow this movement to flow with your breath and at your own pace. It may take you some time to find your own rhythm and that's okay. The point is to focus only on the movement and linking your breath.

Adding movement to your workday and sharing with your team is as easy as that! Less than 3 minutes! Now let's showcase a healthy eating activity from the 21 Days to a Healthier Heart Challenge.

Healthy Eating

The heart-healthy activity on day 26 is to test your nutrition knowledge on fats and oils with this [14-question quiz](#). Today we'll play live with Mentimeter and there will be prizes! A prize will be awarded to the top three in trivia and a prize will be awarded to one player chosen at random.

Thanks for playing! If you'd like this done for your team, let your Wellness Coordinator know and we'll work with you to bring this live to your team. You can also send out the [Formstack version](#) and offer prizes to a set number of participants. All you'd need to do is contact your Wellness Coordinator so we can get a list of participants and then get the winners their prizes! Reminder, we have a wide variety of prizes to choose from, and we keep our inventory list up to date. Check it out: [wfhtn_prize_inventory.docx](#)

Well-Being

Now on to our final activity for today from the 21 Days to a Healthier Heart Challenge. Did you know that positive thinking can have a positive impact on our heart health? [Many studies](#) show that people prone to negative emotions have a higher risk of heart disease. Negative emotions are associated with the release of stress hormones and a physical stress response, resulting in a higher heart rate and blood pressure. So basically, those who tend to look for the bright side of negative situations can avoid the damage that stress inflicts on the heart. For Feb. 23, the heart-healthy activity is to practice positive affirmations with this [2-minute video](#). We'll do this together today. This is something you



could livestream during a team meeting or simply share with your colleagues and encourage them to give it a try.

Thank you for practicing some heart healthy activities today! How are we feeling? Do you feel like these are activities you could do with your team? Remember, your Wellness Coordinator is here and happy to help you bring wellness to your workplace!

Celebrations

- We want to celebrate you! If you're celebrating a birthday, anniversary or anything else, please share it in the chat!
- We'd like to wish Angela Scruggs from the Department of General Services and Kyle Jones from Labor and Workforce Development a very happy birthday!
- We'd also like to warmly welcome...
 - Dept. of Human Resources
 - Emily Tataryn, Wellness Co-Chair
 - Abby L. Sparks, Wellness Co-Chair
- If you'd like to share your birthday or other celebrations with us, please let us know: https://stateoftennessee.formstack.com/forms/wellness_council_member_celebrations

Quarterly Activity List

- We are in the middle of quarter three of fiscal year 2024.
- We have some suggestions to help you reach gold [achievement level](#) status this fiscal year.
- As a reminder, we strive to ensure we're hosting and leading a variety of challenges, activities and resources, so all you need to do is promote them. Your Wellness Council activities are up to you to complete.
- You can always go to www.tn.gov/wfhtn/challenges/wellness-events.html to grab the calendar invites for all these events with details!
- Here's a look at what's coming up in this month:
 - The 21 Days to a Healthier Heart Challenge starts next Wednesday, Feb. 7. You'll have a daily activity to complete to earn a heart. You can earn a maximum of 21 hearts. Don't worry if you don't complete all activities, just do your best! As we demonstrated today, some of the activities can be done as a team.
 - Prizes are up for grabs!
 - Three participants chosen at random will win a prize.
 - Plus, one participant chosen at random will win the grand prize of a fitness tracker or a Working for a Healthier Tennessee swag bundle.
 - Sign up for the challenge by Friday, Feb. 9: https://stateoftennessee.formstack.com/forms/wfhtn_21_days_to_a_healthier_heart_challenge



- Are you working on a health or wellness goal? Our Communications Coordinator Natalie Bannon is too! She's documenting the ups and downs in a weekly vlog series: Working for a Healthier Me. We'll provide tips along the way, so these short videos can help benefit everyone. Watch for them on Fridays on Instagram Reels and YouTube Shorts.
- Share messages of appreciation in honor of Relationship Wellness Month. Submit using [this form](#) by Feb. 23.
- Virtual events coming up include:
 - [Office Exercises Workout](#) on Thursday, Feb. 8 from 12-12:15 p.m. CT
 - [Building a Culture of Kindness: Strategies for Promoting Positive Mental Health and Strong Relationships](#) (presented by Optum Health) on Tuesday, Feb. 13 from 12-12:30 p.m. CT
 - [Meditation Break with Nat](#) on Wednesday, Feb. 21 from 11:30 a.m. – 12 p.m. CT
- Head to <https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html> to access the entire quarter three (January-March) Activity List.
- **February Wellness Calendar**

Grab our February daily wellness calendar on our Wellness Events webpage at www.tn.gov/wfhtn/challenges/wellness-events.html.

What's New

- In October, our team sent a survey in our Be Well @Work newsletter to all Tennessee State Government employees as well as a weekly newsletter shared by Wellness Councils. We want to share some of our findings today and how we are responding.
- 53 employees from 16 agencies responded to the survey.
- From the survey, we had five employees interested in joining their Wellness Council. Wellness Council Chairs have been notified and each interested employee has been contacted.
- Twelve employees who took the survey expressed interest in participating in a focus group to help the Working for a Healthier Tennessee team reach more employees. We are in the process of scheduling online focus group meetings with these employees and will report back on action items from this feedback.

Wellness Council Spotlights

- **Labor and Workforce Development**
 - The Department of Labor and Workforce Development is inviting all to their in-person Health and Wellness Fair on Tuesday, March 5 from 11:15 a.m. to 1:15 p.m. CT.
 - They will be transforming the PEARL Center into a one-stop shop to answer a variety of health questions with vendors who have resources that you might not even realize you are missing.



- The PEARL Center is located at 220 French Landing Drive, Nashville, TN.
- Here is a sneak peak from their Wellness Council at what you can expect:
 - Get your insurance questions answered. (**Cigna/BCBSTN**)
 - Learn about our new statewide wellness vendor, **Sharecare**.
 - Learn more about topics like sleep apnea with **TMJ Solutions** and physical therapy with **BenchmarkPT**.
 - Try some smoothies from **Goodlettsville Nutrition**.
 - Learn about EWS services and virtual talks that can be catered to your team from **Here4TN**.
 - Wellness Coordinator Morgan will be attending to spread the word about all things **Working for a Healthier Tennessee!**
 - There will be free goodies and even a popcorn machine!

Department of Children's Services Wellness Wednesdays

- The Department of Children's Services Wellness Council is partnering with their Training team this year to bring Wellness Wednesdays to their staff! Attendees will get 30 minutes of training credit, and they'll have different wellness topics each week. In January, their topics included Intro to Mindfulness, Accessing Your Health Incentives (presented by Partners for Health) and Making Time for Fitness (presented by Optum Health).
- **Department of Health**
 - The Central Office team within the Division of Communicable and Environmental Diseases and Emergency Preparedness met virtually on Jan. 19. They invited Wellness Coordinator Kristina to lead a stretch break and provide a brief benefits overview. Pictured here are CEDEP employees enjoying the stretch break, which also incorporated some laughter.
- **Department of Human Services**
 - On Jan. 18, Wellness Council member LaRosa Parks invited fellow Wellness Council member Denise Galben to talk about our new wellness vendor, Sharecare. Pictured here is Child Care Certificate Director Sarah Campbell. Denise asked employees to create a word cloud to express their feelings on Sharecare's incentive program. Thanks for getting people excited, Denise!
- **TDCI 4th Annual TDCI Olympics**
 - The TDCI Wellness Council brought back their fourth annual TDCI Olympic Games. For centuries, the Olympic Games have inspired the best of the best to come forward and prove their worth. Teams of three to four employees compete in five days of (not so) rigorous events to challenge their ability to workout and work with a team. Olympic "events" included: an opening ceremony, S.M.A.R.T. Goals, Creating a Performance Plate and a Deskercise Relay.

Upcoming Schedule



- Our next monthly Wellness Council webinar takes place on Thursday, March 7 from 9-9:45 a.m. CT.

Your Updates

- If you haven't already, please let us know in the chat which agency you're representing.
- Let's take some time to share what's going on in your agency. What wellness activities, challenges or programs would you like to share?

Questions

If you have any questions, we'd be happy to answer those now.

Before we wrap up today's webinar, we want to remind you to check out our Be Well @Work newsletter sent directly from Working for a Healthier Tennessee to all Tennessee State Government employees on the first Tuesday of each month.

Thank you for joining our Wellness Council webinar! As always, please reach out to your Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!