

Wellness Council Webinar

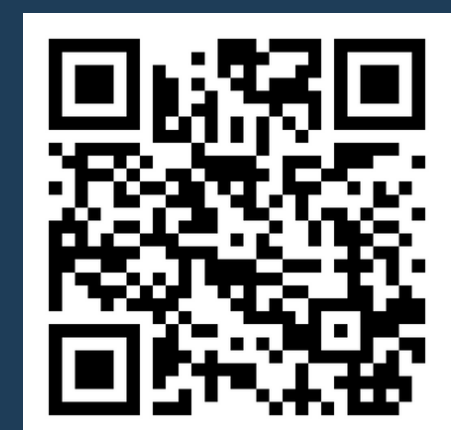
June 2024



[/WFHTN](#)



[@WorkingForAHealthierTN](#)



[@wfhtn](#)

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Celebrations**
- **Team Building**
- **Group Photo: Let's Stay Hydrated!**
- **Quarterly Activity List**
- **What's New**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**

Celebrations

Celebrations



Samantha Wilson - June 23

Agriculture

Shannon Geames - June 24

Safety & Homeland Security

Celebrations

Correction
Sarah Gallagher

Health
Lori Leonard
Merredith Mooth



Celebrations

District Attorneys General Conference

Kati Coats

Anna Richardson

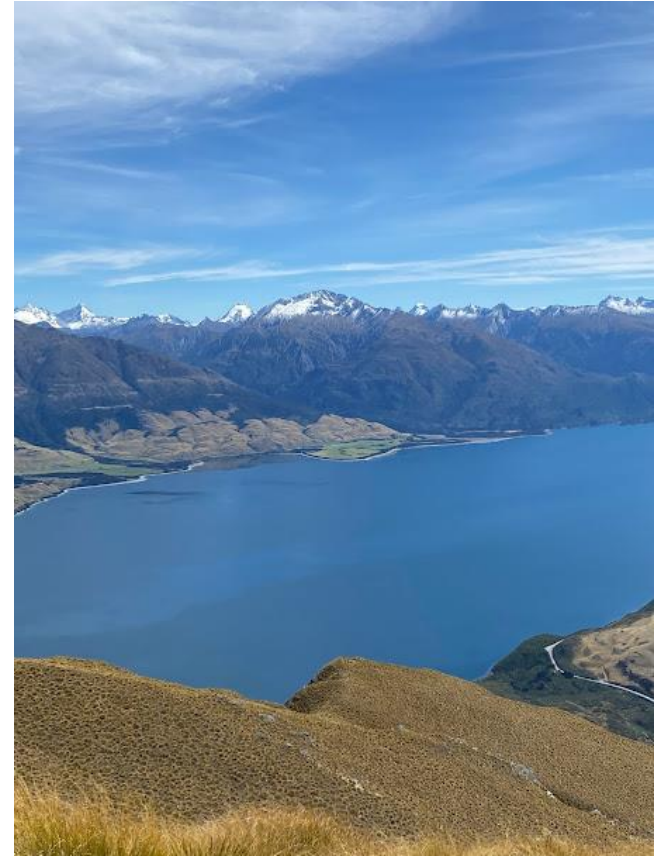


Great Outdoors Month

Great Outdoors Month



Great Outdoors Month



Great Outdoors Month



SAVAGE GULF WEST TRAIL AREA MAP

Distances are measured from trailhead to next trail junction, or trail junction to next trail junction.

Remember to double your hike time for a round trip!

Trail colors match the colors of trail markers you'll find every 1/4 or 1/2 mile on each trail.

Use the location code on trail markers to report your location if you are injured, lost or need emergency help.

Greeter Trail
Greeter Falls Trail

Greeter Falls Road
to Altamont

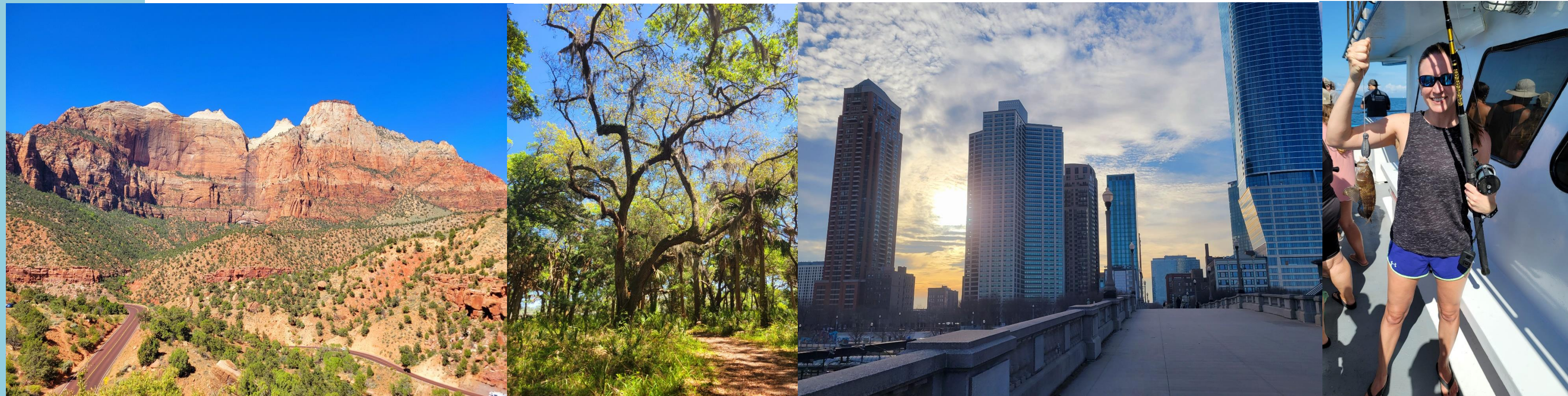
Upper Falls
Greeter Falls

Blue Hole Swimming Area

INFO PANEL
Long's Mill
Chick-Trace

Trail Questions?
Find ANSWERS

Great Outdoors Month



Great Outdoors Month



Let's Stay Hydrated!



Quarterly Activity List

Q4 Activities

Don't forget this row if you're aiming for Gold Achievement Level!



Focus Area	Communicate	Engage	Inspire change
<i>(Applies to related focus area)</i>	Share: <ul style="list-style-type: none"> Information on any national health observance. A WFHTN Monthly Handout. Resources and/or events from Here4TN or the Partners for Health Wellness Program. 	<ul style="list-style-type: none"> Encourage employees to complete a short activity (crossword puzzle, word search, etc.). Host a lunch 'n' learn or webinar (live or recorded) 	<ul style="list-style-type: none"> Host a well-being, physical activity, healthy eating or tobacco cessation challenge. Share an employee success story. Schedule or host a healthy Team Building Activity.
Wellness Council	Share: <ul style="list-style-type: none"> This Q3 Activity List with your Wellness Council members. A post-activity or post-webinar survey after an activity or webinar. 	<ul style="list-style-type: none"> Host a virtual exercise or stretch break. Attend the monthly WFHTN Wellness Council Webinars on Jan. 11 (Link to join), Feb. 1 and March 7 (Link to join February and March) Recruit a new Wellness Council member. Invite other agencies to participate in your activity, challenge or webinar. 	<ul style="list-style-type: none"> Host a Wellness Council meeting. Invite WFHTN to speak at an all-staff meeting or conference. Speak about your Wellness Council at an all-staff meeting.
Physical Activity	Share: <ul style="list-style-type: none"> Active at All Ability Levels handout. Information on physical activity and cancer risk in recognition of World Cancer Day (Feb. 4). 	<ul style="list-style-type: none"> Encourage employees to join a live Yoga for All class or Dance Break for a chance to win a prize! No equipment, camera or commitment required. Attend a live Office Exercises workout on Thursday, Feb. 8 from 12-12:15 p.m. 	<ul style="list-style-type: none"> Participate in WFHTN's 21 Days to a Healthier Heart Challenge from Feb. 7-27. Three participants chosen at random will win a prize and one will win a grand prize!
Healthy Eating	Share: <ul style="list-style-type: none"> Meal Planning Tips: Healthy Living on A Budget (3 minutes, 17 seconds). Create a Healthier Plate handout in honor of National Nutrition Month (March). 	<ul style="list-style-type: none"> Promote Healthy Eating Trivia on Tuesday, March 5 from 12-12:30 p.m. CT! Top three win a prize and one prize given at random! Encourage employees to complete the one-week Small Steps to Healthier Eating Challenge. 	<ul style="list-style-type: none"> Join WFHTN's Healthy Eating Virtual Scavenger Hunt. The first 15 to submit their forms, plus 15 participants chosen at random will win a prize. Link will be provided the week of March 4.
Well-being	Share: <ul style="list-style-type: none"> Monthly Wellness Calendar. Prevent Colon Cancer Throughout Your Life (March). 	<ul style="list-style-type: none"> Complete these Word Picture Puzzles by Jan. 31 for International Brain Teaser Month (January). Submit to WFHT.TN@tn.gov. Five participants chosen at random will win a prize! In honor of American Heart Month (February), encourage employees to share photos (with permission) showing off their red to WFHT.TN@tn.gov by March 1. 	<ul style="list-style-type: none"> Join WFHTN's Goal Getters group starting Jan. 8! Five participants chosen at random will win a prize! Share messages of appreciation in honor of Relationship Wellness Month (February). Submit using this form by Feb. 23. Join WFHTN's Employee Spirit Month (March) social media campaign! Tag us in your posts on Facebook or Instagram during March. Three participants chosen at random will be entered to win a prize!

June Activities & Info

- **Communicate**

- [Get Out! 5 Benefits of Outdoor Exercise](#) in recognition of Great Outdoors Month.
- [Healthy recipes](#) for National Take Back the Lunch Break Day (June 21).
- [Men's Health Month handout](#).

- **Engage**

- Promote the Men's Health Month 4Mind4Body webinar on Wednesday, June 12 from 11:30 a.m. – 12:30 p.m. CT.
- Promote the June Wellness Trivia on Tuesday, June 25 from 12 – 12:30 p.m. CT.

- **Inspire change**

- Promote Wellness Week happening June 10-14.













Activity Lists: www.tn.gov/wfhtn/achievement-levels/activity-lists.html

What's New?

June Wellness Calendar

Enjoy Wellness Week this June



Week	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Join us for Wellness Week (click "Challenges") June 10-14. </p> <p>Goal: Add a few minutes of self-care to your day. Each day has a theme and a related activity.</p> <p>Submit your participation by June 18 for a chance to win a Working for a Healthier Tennessee baseball cap: https://stateofennessee.formstack.com/forms/wfhtn_wellness_week_2024</p>				
June 3-7	<p>What's your <u>real age</u>? Take Sharecare's RealAge® Test to find out.</p>	<p>Join us for a Dance Break from 12-12:15 p.m. CT (Calendar invite) </p>	<p>Take a Fitness Break with DHS from 11-11:10 a.m. CT (Calendar invite)</p>	<p>Celebrate National Fruits & Vegetables Month! Complete and submit this Eat Your Veggies Word Scramble by June 28 for a chance to win a prize!</p>	<p> Download this reminder to submit your Wellness Week participation by June 18!</p>
Wellness Week! June 10-14	<p> Mental Health Monday</p>	<p> Grati-Tuesday</p>	<p>Wellness Wednesday Channel your inner Jedi with Mindfulness with Nat from 11:30 a.m. - 12 p.m. CT (Calendar invite)</p>	<p> Thirsty Thursday</p>	<p> Financial Friday</p>
June 17-21	<p>Join Stretch & Destress from 12-12:15 p.m. (Calendar invite)</p>	<p>Treat yourself to a homemade raspberry lemonade slushie! </p>	<p><i>Juneteenth</i> State Holiday</p>	<p>Join a Mindfulness Break with TDH from 11:15-11:30 a.m. CT (Calendar invite)</p>	<p>Access Optum Health's Emotional Wellbeing Solutions, or call 855-Here4TN (855-437-3486). </p>
June 24-28	<p>Check out this Men's Health Month <u>handout</u>. </p>	<p>Join us for June Wellness Trivia! from 12 - 12:30 p.m. (Calendar invite)</p>	<p>FOLLOW US  @WorkingForAHealthierTN </p>	<p>Take a Fitness Break with DCS from 10-10:15 a.m. CT (Calendar invite)</p>	<p>What's cooking? How about sheet-pan chicken fajita bowls for dinner?</p>

Annual Celebration



- All Wellness Council members as well as your department leadership are invited to join us for this celebration!
- **Want to win a wellness award for your agency?** Please submit your nominations for the [Well Workplace Awards](https://stateoftennessee.formstack.com/forms/wfhtn_well_workplace_awards_submission) by Friday, June 14:
https://stateoftennessee.formstack.com/forms/wfhtn_well_workplace_awards_submission

Wellness Council Spotlights

Monthly Fit Challenge

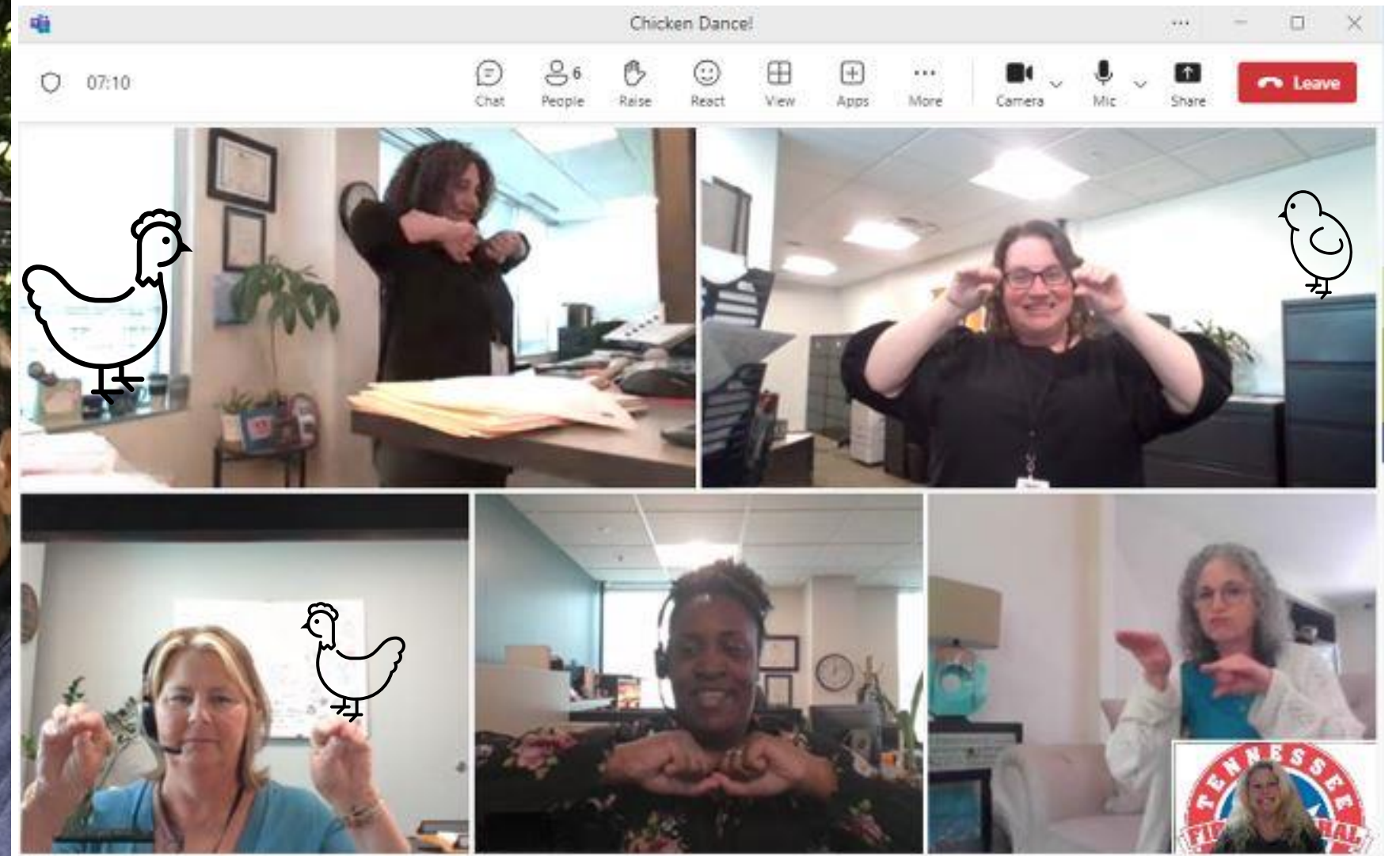
Agriculture



Brian Hughett

Group Walk & National Chicken Dance Day

Commerce and Insurance



Mental Health Awareness Month

Tennessee Courts



Stretch Break

Department of Health

May 7, 2024
Department of Health
Division of Communicable and
Environmental Diseases and Emergency
Preparedness (CEDEP)



Annual Meeting

Department of Health



TBCSP Annual Meeting

WEDNESDAY, MAY 15TH 12PM-5PM CST
THURSDAY, MAY 16TH 8AM-12PM CST

Agenda

WEDNESDAY, MAY 15TH, 12PM-5PM CST

- 11:45AM * LUNCH & TEAM BUILDING
- 1:00PM * KEYNOTE SPEAKER/CRISSY/ELLIE
- 1:15PM * CURRENT STATE OF TBCSP
- 2:00PM * BREAK
- 2:15PM * BREAKOUT SESSION 1 (MED-IT)
- 3:15PM * BREAKOUT SESSION 2 (DR. DUDNEY/RADIOLOGIST?)
- 4:00PM * BREAK
- 4:15PM * WOMEN'S HEALTH WEEK
- 4:45PM * WRAP UP

THURSDAY, MAY 16TH, 8AM-12PM CST

- 7:45AM * BREAKFAST & TEAM BUILDING
- 9:00AM * DR HARVEY
- 9:30AM * EQUITY TESTIMONY
- 10:30AM * BREAK/WELLNESS ACTIVITY
- 11:00AM * FUTURE OF TBCSP
- 11:50AM * WRAP UP



Team Huddle

Department of Health

Agenda

Ice Breaker

When Stress Comes to Work

Building Resilience

6 Domains of Mental Wellbeing

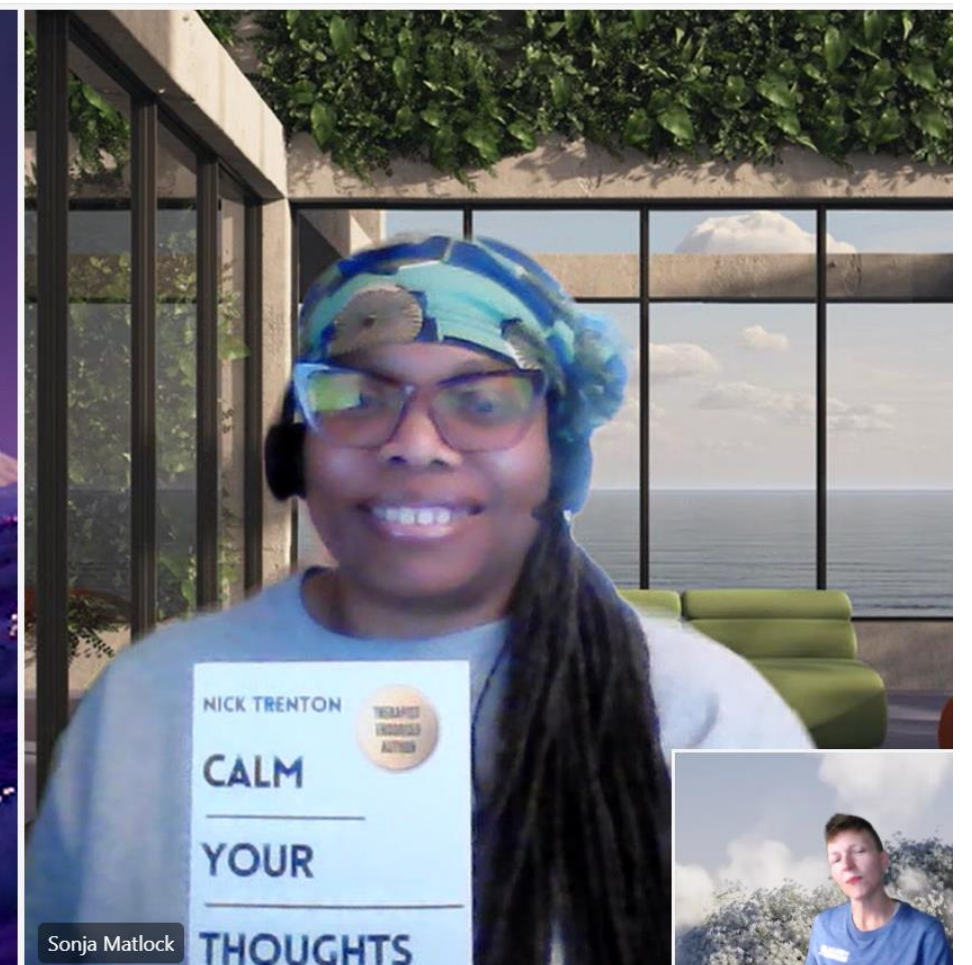
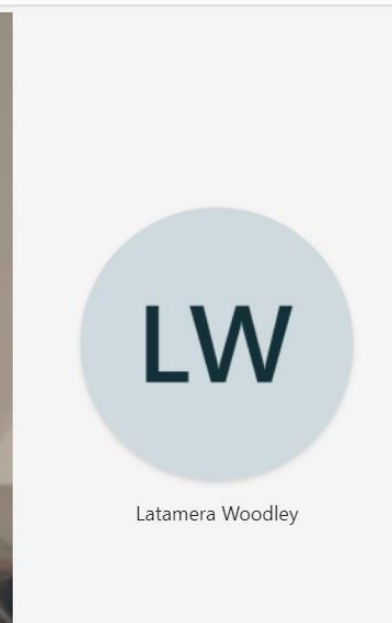
Self-care Plans

Goal Action Plans



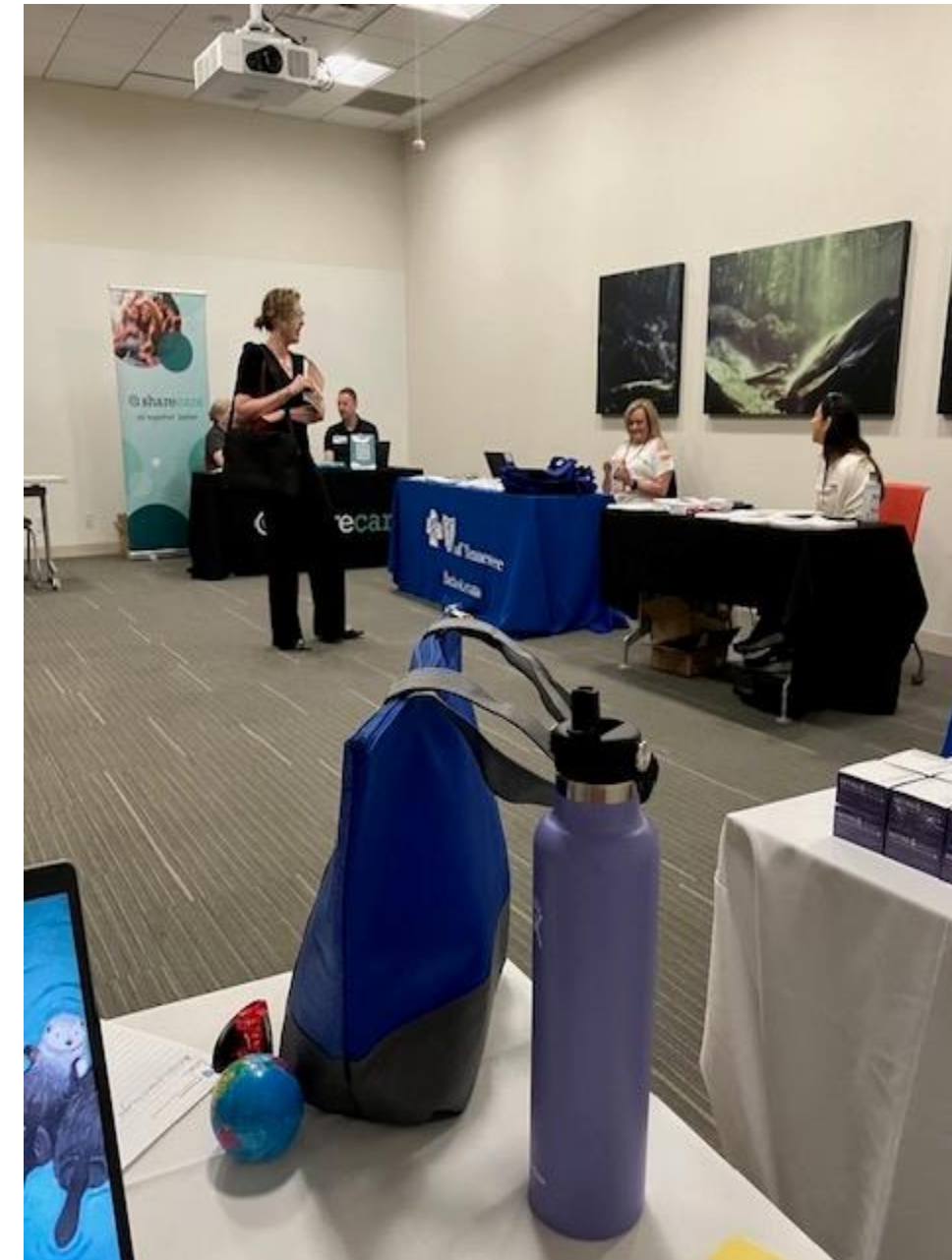
Book Club

Department of Human Services



Health Fair

Department of General Services



Herb Garden

Department of Military



Be Kind to Your Mind

Department of Revenue



BE KIND TO YOUR MIND WELLNESS WEEK 

 Motivation Monday	 Grati-Tuesday	 Wellness Wednesday	 Thinking Thursday	 Feel Good Friday
<p>ACTIVITY:</p> <ul style="list-style-type: none"> Compliment yourself. Show some love to someone through a note, call or text. Hold the door open for someone. Take a walk with a co-worker, friend or family member you haven't spent time with lately. Make a healthy SMART goal. 	<p>ACTIVITY:</p> <ul style="list-style-type: none"> Donate items to charity. Volunteer in your community. Call someone you care about but haven't talked to in a while. Help an elderly friend/neighbor run errands or do chores. Write down 3 things you love about yourself. 	<p>ACTIVITY:</p> <ul style="list-style-type: none"> Take a few minutes to do nothing. Try a relaxation exercise. Do your best to enjoy 15 minutes of sunshine. Be kind to yourself - give yourself a break. Try a new activity or hobby! 	<p>ACTIVITY:</p> <ul style="list-style-type: none"> Take a few moments to answer these questions: <ol style="list-style-type: none"> 1. What is something you want to do but you're scared to try? 2. Why do you feel that way? 3. What can you do to get past this fear? 	<p>ACTIVITY:</p> <ul style="list-style-type: none"> Spend some time with a pet or volunteer at a shelter. Say "no" to a social event that overwhelms you. Sign up to volunteer your time with a nonprofit. Do something with friends & family (game, walk, etc.) Treat yourself to dark chocolate to boost your brainpower.

DIRECTIONS: Aim to complete at least one daily activity. At the end of the week, let us know about your experience [HERE](#).

Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. They may even live longer!

Remember to take care of your mental health during the challenge. While it's important to show others kindness, especially when you don't know or you may not understand what another person is going through, you should also be mindful that your needs are critical. To help others, you must care for yourself first. Remember, self-care is not selfish - it's survival. Be kind to your mind.



Upcoming Schedule



Wellness Council Webinar

- Webinar recording will be provided on July 10
- Next webinar will be on Thursday, Aug. 1 from 9 - 9:45 a.m. CT

Your Updates



Questions





Don't miss an update!
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