



Wellness Council Webinar Notes

June 6, 2024

Welcome

- Thank you for joining our June Wellness Council webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Today's agenda includes:
 - Celebrations
 - Team Building: Great Outdoors Month and Travel
 - Group photo: Let's Stay Hydrated!
 - Quarterly Activity List
 - What's New
 - Wellness Council Spotlights
 - Upcoming Schedule
 - Your Updates

Celebrations

- Let's kick off by celebrating you! If you're celebrating a birthday, anniversary or anything else, please feel free to share it in the chat.
 - We'd like to wish a very happy birthday to Shannon Geames from the Department of Safety and Homeland Security and Samantha Wilson from the Department of Agriculture!
 - We'd also like to warmly welcome the following employees who have recently joined their agency's Wellness Council!
 - Department of Correction: Sarah Gallagher
 - Department of Health: Lori Leonard and Merredith Mooth
 - We are excited to announce the Tennessee District Attorneys General Conference has created a wellness council! Please help us welcome co-chairs Kati Coats and Anna Richardson.
- 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

Great Outdoors Month

- June is Great Outdoors Month and for many it's vacation time. Right now, we're going to share some photos and debut an interactive Mentimeter activity! This is something you could easily do with your team as an icebreaker or team building activity.
 - We asked you all to share your great outdoors photos.



- At the Department of Revenue an employee has a goal of visiting all 57 Tennessee State Parks and they created a video. Let's watch!
- Morgan traveled to New Zealand this past March and it is hard to describe in words the immense beauty of the country. She and her husband hiked, took a cruise through a fjord, traversed through Hobbiton, saw glowworm caves, kayaked in the ocean and more.
- Kristina went on two trips in April- a first time visit to Hilton Head Island, South Carolina where she saw some dolphins on a boat ride and another first-time hike at Greeters Falls in Grundy County, Tennessee where she attended her first Naturalist conference.
- Kayla is always looking for her next adventure. Last year, she headed out west where she visited the Hoover Dam, Grand Canyon, Antelope Canyon, Horseshoe Bend, Zion National Park and Las Vegas. She also recently enjoyed the great outdoors in Hilton Head, Myrtle Beach and Chicago.
- Natalie took one of her bucket list trips last fall. She and her husband drove down the Pacific Coast Highway from San Francisco to Los Angeles. They explored lots of places along the way, including Half Moon Bay, Monterey, Big Sur, Pebble Beach, Santa Barbara, Malibu and Beverly Hills.
- Let's take some time to share about our travel dreams, preferences and where we have traveled.
- **Word Cloud/Poll:**
 - Let's make a word cloud:
 - Where are some places you'd like to visit?
 - **(Participants to respond in Menti)**
 - Now for a poll. Do you prefer the beach or the mountains?
 - **(Participants to respond beach or mountains in Menti)**
 - What's the farthest you've traveled?
 - **(Participants to respond in Menti)**
- Thanks for participating! You can also check out our new [Get to Your Destination in a Healthy Way](#) handout for tips on staying healthy while traveling.

Group Photo: Let's Stay Hydrated!

- June 23 is National Hydration Day, so we invited you to show us how you stay hydrated during today's webinar so we can take a virtual group photo. We'll stop sharing the PowerPoint and invite those of you who wish to participate to turn on your cameras and show off your water bottles, cups, etc.

Quarterly Activity List

- We're in the last of quarter four 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.
- Here's a look at what you could do this month:
 - **Communicate:**
 - You could share:
 - [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 happening on June 12 from 11:30 a.m. to 12:30 p.m. CT.
 - Promote the June Wellness Trivia happening on Tuesday, June 25 from 12 to 12:30 p.m. CT. A link to a Formstack version of the trivia will be available after the event.
 - **Inspire change:**
 - Promote Wellness Week happening June 10-14.
 - Learn more about these events and others on our website at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>.

What's New

- **June Wellness Calendar**
 - Grab our June daily wellness calendar on our Wellness Events webpage at www.tn.gov/wfhtn/challenges/wellness-events.html.
- **Annual Celebration Announcement**
 - We hope you'll join us for your Annual Celebration on Wednesday, July 24 from 10 a.m. – 12:30 p.m. CT. This event will be held in the Tennessee Rooms in the Tennessee Tower in downtown Nashville! If you haven't registered, today is the last day to do so. 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](#) by Friday, June 14: https://stateoftennessee.formstack.com/forms/wfhtn_well_workplace_awards_submission

Wellness Council Spotlights

- **Department of Agriculture**
 - The Forestry Division within the Department of Agriculture began organizing monthly physical activity challenges to help keep their employees in shape



for the physical demands required for their jobs. Head over to our socials to check out this fun video they made of their team doing wall squats!

- **Department of Commerce and Insurance**
 - The wellness council at Commerce and Insurance organized two fun events in May. They enjoyed a wellness walk at Bicentennial Park in Nashville on May 23. They also celebrated National Chicken Dance Day on May 29! Check out those dance moves.
- **Tennessee Courts**
 - Lisa Angel, wellness council chair with Tennessee Courts, worked to break the stigma during Mental Health Awareness Month in May by providing green ribbons for her colleagues. She also sent targeted email messaging which included Tennessee State Government employee benefits information related to mental health.
- **Department of Health**
 - The Division of Communicable and Environmental Diseases and Emergency Preparedness held a hybrid meeting on May 7, which included a stretch break (and some laughter!) led by Kristina. Thank you to wellness council member Angela Allred for supporting colleagues with a break during an all-day meeting.
- **Department of Health**
 - The Breast and Cervical Screening Program held their annual meeting on May 15 and 16. Speed networking and laughter yoga were included in this year's agenda. Keep Working for a Healthier Tennessee in mind for your events. We have resources for you to use on our own, or we can attend your events and facilitate team building activities. Thank you to wellness council member Roberta White for the invitation to this annual meeting. [Check out our social media channels](#) to catch a short video of their speed networking activity, which kicked off the two-day event.
- **Department of Health**
 - Wellness council member Jennifer Sanchez with the Office of Business Grants Management Programs is having a team meeting focused on mental health and self-care on June 13. Here are a few slides from their meeting. Team members will be asked to select the Snoopy image that represents how they feel that day. Let's do that as a group now in the chat. Which Snoopy do you most identify with today?
- **Department of Human Services**
 - Wellness council members organized their second book club, reading *Calm Your Thoughts*. This book club had a morning and afternoon session to make it more accessible for employees. Thank you to wellness council members LaTamera Woodley, Denise Galben, Sami Stockton and Amy Weaver for making this possible.
- **Department of General Services**



- The Department of General Services held a health fair at the Tennessee Tower in May. They hosted a biometric screening and invited wellness vendors to have booths. There was a great turnout!
- **Department of Military**
 - The Department of Military celebrated National Herb Garden Week in May by providing seeds and materials for employees to start growing their own herb garden.
- **Department of Revenue**
 - In honor Mental Health Month, the Department of Revenue hosted a Be Kind to Your Mind Mental Health Week the last week of May. The goal of the activity was to choose one activity per day that helps another person or promotes your own health and/or self-care. Participants were entered into a prize drawing. This is a one week well-being challenge that came from our website:
https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn_be_kind_to_your_mind_wellness_week_final.pdf.

Upcoming Schedule

- Since the first Thursday of July falls on a holiday and your Annual Celebration takes place on July 24, we will not have a wellness council webinar in July. Instead, be on the lookout for an email with a recorded webinar on July 10.
- Our next monthly Wellness Council webinar will take place on Thursday, Aug.1 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, I 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!