

WFHTN Wellness Council Webinar Notes May 5, 2022

Welcome

- Hello everyone! Thank you for joining our May Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Today's webinar agenda includes:
 - Quarterly Activity List
 - Guest Speaker
 - 2-minute Challenge
 - Wellness Council Spotlight
 - What's New?!
 - Upcoming Schedule
 - Sharing

WFHTN Quarterly Activity List

- We're in the middle of the last quarter of the fiscal year!
- Per usual, we have some suggestions to help you easily earn gold achievement level status by June 30. As a reminder, our team strives to ensure we're hosting and providing the challenges, activities, etc. so that all you need to do is promote them. Of course, the Wellness Council column will be up to you to complete.
- **May 2022 Suggestions**
 - There are so many opportunities you can promote this month!
 - There are 23 [National Health Observances](#) in May; that's almost one per day! Here are ways to observe them taken directly from our [Q4 Activity List](#):
 - Mental health matters! May is Mental Health Awareness month. You can share this [mental health quiz](#) to help promote awareness and decrease stigma. (*Well-Being, Engage*)
 - In addition, promote and join our [How to Support Mental Health Concerns in the Workplace](#) webinar with Here4TN on Tuesday, May 10 from 1-1:30 p.m. CT.
 - No bones about it, bone health is important! Share our [Bone Health Basics](#) handout in recognition of National Osteoporosis Month.
 - [National Women's Health Week](#) is often around Mother's Day. We've created a handout about [Prenatal Health Care](#) you can share with co-workers.
 - Host or promote and join a "Mediterranean Diet Trivia" game in honor of International Mediterranean Diet Month (May). Join us on [May 19 from 1-1:15 p.m. CT.](#)
 - Please promote the [Social Media: Use and Misuse](#) #4Mind4Body webinar on Thursday, May 26 from 11:30 a.m. - 12:30 p.m. CT.
 - This webinar will explore both the benefits and negative impacts of social media.
 - [Spring 5K Series](#) (*Physical Activity, Inspire Change*)
 - Reminder! We're hosting a series of 5Ks this spring that are open to all agencies.
 - Participants can race when they want, where they want and how they want! Beginners, experienced runners and walkers are welcome.

- So far, we have 80 participants and in April 44 ran or walked a 5K!
- The May 5K is “May the Course Be with You”.
- **Nominate Now!**
 - Before we get to today’s guest speaker, we wanted to remind you that you can nominate your Wellness Council (or another agency’s) for one or more of our Wellness Awards this fiscal year. These awards include:
 - Communicator of the Year, Innovator Award, Most AWS-Friendly, Most Engaging, Most Improved, Most Inspiring, Most Well-Rounded Wellness Council, Thinking Outside the Desktop Award and the WFHTN All-Star
 - [Submit your nominations](#).

Guest Speaker

- Kyle Jones, communications coordinator from the Department of Labor & Workforce Development’s Bureau of Workers’ Compensation, is here to provide tips about how technology can be used for health and wellness activities!
- To make his department’s annual March Madness Steps Tournament incredibly successful, Kyle used technology.
- We don’t expect you to be a tech wizard like Kyle, but we appreciate his creativity and how open he is to sharing tips to help us all use tech, too!
- We asked Kyle to share a little about himself.
 - Kyle is married to the amazing Ariel Jones and loves all things Apple and Google. It's not uncommon to find him looking up productivity hacks, swinging in his hammock or walking around his neighborhood with a neighbor.
 - He helps make state government services more visual through video and graphic design. That comes in the form of instructional videos, brochures, website updates, PowerPoint presentations and much more. He is, as he puts it, the “quasi-supervisor” of a newly formed communications team of three. He’s also interested in seeing how tools like Microsoft 365 and Formstack can transform the way they do business within the Bureau of Workers’ Compensation.
 - Kyle was entrusted to convert their educational conference from an in-person event to a fully virtual event in 2020. He was able to pull off this impressive feat at no additional cost to the state!
 - Kyle, take it away!

2-minute Challenge

- Next up is a challenge that many of us find difficult. I’m going to ask you to do absolutely nothing for two minutes. That means no checking emails, no looking at your phone, etc. For the next two minutes we’ll all be silent. Let’s begin.
- (*After two minutes*) How did that feel? Did anyone find it difficult to truly be still? Did anyone feel the urge to go to their inbox, reach for the phone or work on something?
- This type of simple 2-minute challenge could be included in meetings and in your daily life. There’s a website called “[Do Nothing for 2 Minutes](#)” that can tell if you move your mouse. If you do move your mouse, you have to restart. Taking the time to truly shut off and be still can be powerful.

What’s New?!

- *Reminder* [WFHTN Wellness Events Page](#)

- This is where you'll find our May Wellness Calendar and May Virtual Events.
- **YouTube Series**
 - Coming soon!
 - Our team has been busy making informative, fun YouTube videos you can share and enjoy! For example, Kayla created videos demonstrating the correct form for a hamstring stretch and squat, Lindsey helps you learn how to participate in a virtual 5K and Morgan made some delicious [Peanut Butter Banana Bars](#), which is a recipe straight from our website!
- **[WFHTN Team Spotlight Series](#)**
 - Make sure you're following us on Facebook. On May 23, we'll be spotlighting Natalie!
- **WFHTN Employee Interest Survey Results**
 - We'd like to share more of the results from January's employee interest survey.
 - *Are there any barriers that would prevent you from participating in wellness activities?*
 - While the most popular answer was "no barriers and ready now", in second place was "time or location".
 - We try to have our virtual events at different times throughout the day, week, month, etc. We also try to promote all the various opportunities such as Yoga for All, the Movin' More in March workouts, the DHS Master Gardener Series, etc.
 - We recognize that there are many state employees who don't work at a desk or don't work during the 8 a.m. – 5 p.m. time frame. We strive to offer plenty of "on-demand" options such as webinar recordings, links to physical activity videos, and alternative ways to engage in wellness activities.
 - What do you think about the time/location barrier? Any thoughts on addressing this?

Wellness Council Spotlight

- **Labor & Workforce Development: March Madness**
 - For the past seven years, the Department of Labor and Workforce Development's single most successful wellness event each year has been March Madness! Held at the same time as the actual NCAA March Madness, each division at the department chooses a real team to represent them. Instead of shooting hoops, employees take steps. A certain number of steps equal a slam dunk for that team. There have been several twists from year to year! For example, if the actual NCAA team wins a game in March Madness, then that Labor & Workforce Development team gets an extra bonus point on top of their score -- motivating the other teams to step it up (or choose a team more wisely)!
 - This activity has even received support from the department's commissioner. When he learned about the March Madness Step Challenge, Dr. Jeff McCord loved the idea and suggested they add a way for eating apples to count as a bonus activity. When that element was implemented, they saw apples all over the building's breakrooms!
 - March Madness was one of the first large-scale uses of Microsoft Teams chat for wellness events. They create a group chat for each division/team to provide a space to encourage each other and share progress updates. Some great ideas have been shared this way, such as "TreadFlix" (walking on a treadmill/exercise machine while bingeing a show on Netflix), to pick-up games of frisbee golf with teammates.

- 2022 Additions: This year, they capitalized on the idea of getting double credit for events and awarded extra points for attending WFTHN virtual yoga, webinars and even trashersizing, which was mentioned by an employee who saw it from the Tennessee Department of Environment & Conservation. Kyle, a member of the Labor & Workforce Development Wellness Council shared his experience trashersizing in an Instagram video. They also experimented by having a shared Excel workbook on OneDrive to keep up with each day's step count.
- Awards: After it was over, prizes were awarded for the top stepper in each grand division of the state, the top 10 steppers overall, the winning team and superlatives like "most improved" and the "hydration award".
- **Pictured:**
- A quick selfie before going out to pick up some trash while getting in some steps for March Madness!
- Here is a photo from Fred Gaston, the human resources Assistant Commissioner who was the top stepper! He said, "This is a photo from my run group. Anyone can run with us. I have not run with the group since COVID. However, I run solo or via treadmill, five to six days a week, EVERY week. I did more during March Step Madness."
- Kyle also created pictures winners could use for their computer background.
- Finally, the department also has a virtual health fair going on. In March, Morgan presented a webinar about healthier eating while on the go. In April, they had a doctor discuss high blood pressure and diabetes, and coming up next week will be a mindfulness webinar led by Optum.
- For more information: <https://express.adobe.com/page/RHGYtRwPt0x5D/>
- **TennCare**
 - The TennCare Wellness Council is hosting a Spring Into Action Challenge. The goal is to take at least one small, intentional action a day to support your mind, body and/or spirit this spring. Pictured: Participant Brandi Hayes "Petted her dog for 15 minutes (this releases dopamine)" for her mind and spirit
- **Human Services**
 - The Department of Human Services' Wellness Council hosted a Master Gardener Series. They held three webinars and employees from all agencies were invited to participate. All three webinar were very well attended!
- **Virtual 5K Series**

Pictured:

 - [LEFT] Liam E. O'Rourke, from the Department of Health, and his family. Liam shared, "I did my 5K by walking around the zoo with my family. My son Eli, who's four, wanted to dress like fire Mario, with me Luigi, and why not? So that's what we did on April 10th!"
 - [MIDDLE] Action shot from Jacob S. Carrigan at his Saturday, April 9th 5K where he placed first with a 18:20 5K! "My 41-year-old legs held off the high school track boys :-)"
 - [RIGHT] Jennifer Sanchez hiked Denny Cove/Foster Falls at South Cumberland State Park, Tennessee's largest state park!

Upcoming Schedule

- **June Wellness Council Webinar**
 - Thursday, June 2 from 9-9:45 a.m. CT
- **Quarter 4 Activity List**
 - Due on Thursday, June 30
- For our full event list, please visit tn.gov/wfhtn/wellness-events.html
- **Save the Date!**

- Our Annual Awards Celebration is set for Wednesday, July 20 from 9-10 a.m. CT. We'll have a guest speaker, a fun activity and recap fiscal year 2021-2022.
- We'll provide registration information during the June Wellness Council webinar!

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.

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!