

Wellness Council Webinar

August 2024



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Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Celebrations**
- **New Partnerships**
- **Team Building**
- **Quarterly Activity List**
- **What's New**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**

Celebrations

Celebrations



Jimmy Wheeler - August 16
Economic & Community Development

Keita Cole - August 21
Disability & Aging Services

Kelly Cortesi - August 28
Revenue

New Partnerships

DOHR Employee Training

Be Well @ Work

New interactive facilitator-led offering available to all Tennessee State Government employees.

This course is designed to equip managers, supervisors and employees with tools and strategies to improve the overall health and well-being of employees in the workplace.

Well-being resources to be included in existing trainings:

- Employee Essentials
- Supervisor Essentials
- Mental Health Acceptance

Wellness Champions

Wellness Champions

Be a Champion!

**Make a difference by volunteering
to be a wellness champion!**

What is a wellness champion?

An employee who volunteers to support and promote wellness initiatives to their coworkers.

No experience necessary!

- A background in health and wellness is not required.
- Monthly emails with resources and activities to share will be provided.

The ask:

- Report completed activities using [this link](#).
- Participate in [wellness activities](#) as time and interest allows.

Time commitment: Less than 30 minutes per month.

Questions? Email WFHT.TN@tn.gov.

"I can't say thank you enough for the support through programs like this. Being healthier helps me stay focused at work and allows me to bring my best to the job because I'm feeling good. I'm grateful to work in such a wonderful place that provides this kind of support and it makes me want to give back even more!"

-Employee

[Sign up to be a wellness champion!](#)

Let's Tell a Story

Let's Tell a Story!

- I have the list of words we need and the story.
- The first word seen in the chat is the one we'll add!
- Once we've collected all the words, I'll read the story aloud.



Let's Tell a Story!

Adjective Describes something or somebody. <i>"Lumpy, soft, silly, fun, short"</i>	Exclamation or Silly Word Any sort of funny sound, gasp, grunt or outcry. <i>"Wow!, Ouch!, Ick!, Gadzooks!"</i>
Adverb Tells how something is done. Modifies a verb and usually ends in "-ly." <i>"Modestly, happily, excitedly, carefully"</i>	Verb An action word. <i>"Run, pitch, jump, swim"</i>
Noun Name of a person, place or thing. <i>"Sidewalk, umbrella, toy, bathtub"</i>	Place Any sort of location: a country or city <i>"Mexico, Oakland"</i> or a room <i>"bathroom, kitchen"</i>
Plural Means more than one. The plural of door is <i>"doors."</i>	Number, Color, Animal or Part of the Body A word that is one of those things. <i>"Seven, green, dog, mouth"</i>

Quarterly Activity List

Q1 Activities

Don't forget these activities if you're aiming for Gold Achievement Level!

Wellness Council Quarterly Activity List

Quarter: 1 FY: 2025

	Share:	Engage:	Inspire:
July	☐ The Social Wellness Checklist in honor of Social Wellness Month (July). ☐ Top 10 Tips for Healthy Grilling and Barbecuing in honor of National Grilling Month. ☐ This Q1 Activity List with your wellness council members.	☐ Promote and join us for <u>Olympic Trivia</u> on Tuesday, July 30.* ☐ Check your email on July 10 for the July wellness council webinar recording, slides and notes.	☐ Encourage participation in Sharecare's <u>Jump Start Your Heart Challenge</u> happening July 1-31. ☐ Attend the WFHTN annual celebration on July 24!
August	☐ <u>Resources to get you moving!</u> ☐ <u>Eat Right on a Budget</u> (2-minute video) in honor of National Financial Awareness Day (Aug. 14).	☐ <u>Practice Progressive Muscle Relaxation on Aug. 14 from 12-12:15 CT.*</u> ☐ Attend the wellness council webinar on Aug. 1.	☐ Celebrate National Relaxation Day (Aug. 15) with some Relaxation Techniques. Tell us which technique you tried.* ☐ Host a two-week <u>48 A Day Water Challenge</u> in honor of World Water Week (Aug. 25-29).
September	☐ <u>What you need to know about yoga</u> in honor of National Yoga Month. ☐ Preventing Suicide at Work in honor of <u>National Suicide Prevention Month</u>.	☐ Encourage employees to attend the Healthy Eating on a Budget 4Mind4Body webinar on Sept. 11. ☐ Promote and join us for an interactive <u>Meal Prepping 101</u> event on Tuesday, Sept. 25. ☐ Attend the wellness council webinar on Sept. 5.	☐ Invite a coworker to attend a <u>Stretch & Destress session!</u>* ☐ Add yoga exercises to a wellness break or team meeting and let us know you did!*
Anytime	☐ Resources and/or events from <u>Here4TN</u> or <u>Partners for Health Wellness Program</u>. ☐ Use a post-activity or presentation survey for evaluation of your wellness initiatives.	☐ Host a physical activity related <u>team building activity</u> and let us know what you did! * ☐ Encourage employees to complete a short activity (crossword puzzle, word search, etc.). ☐ Hold a wellness council meeting or recruit a new wellness council member.	☐ Share an <u>employee success story or quote</u> related to healthy eating. ☐ Invite <u>Working for a Healthier Tennessee</u> to speak at your all-staff meeting. ☐ Share event photos with WFHTN to be shared on <u>Facebook</u> and <u>Instagram</u>.



Physical Activity



Healthy Eating



Well-being



Wellness Council

Note: * denotes prizes are awarded at random for participation!

August Activities & Info

- **Communicate**
 - [Resources to get you moving!](#)
 - [Eat Right on a Budget](#) (2-minute video) in honor of National Financial Awareness Day (Aug. 14).
- **Engage**
 - [Practice Progressive Muscle Relaxation](#) on Aug. 14 from 12-12:15 CT.
- **Inspire change**
 - Celebrate National Relaxation Day (Aug. 15) with some [Relaxation Techniques](#). [Tell us which technique you tried](#).
 - Host a two-week [48 A Day Water Challenge](#) in honor of World Water Week (Aug. 25-29).

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

What's New?

August Wellness Calendar

Make August Amazing



Please note: All times listed are in the Central time zone.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
August 1-2	Use this calendar to practice daily self-care. Share your experience and let us know how many activities you completed for a chance to win a prize: Submission Form Prize winners will be notified on Monday, Sept. 9. Can't join a live event? Head over to the video library for on-demand options.		 Has your team or division recently hosted a wellness activity? Let us know for a chance to win a prize!	 Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Are you familiar with your wellness options as a Tennessee State Government employee?
August 5-9	Help beat the back to school blues with these tips from kidcentral tn! 	Get moving during this Dance Break from 12-12:15 p.m. (Calendar invite)	Take a 10-minute Fitness Break with DHS at 11 a.m. (Calendar invite)	Take a Mindfulness Break with TDH from 11:15-11:30 a.m. (Calendar invite)	Have some leftover chicken? Try this Copycat Frontega Chicken Sandwich!
August 12-16	Give yourself a break with Stretch & Destress from 12-12:15 p.m. (Calendar invite)	Watch Eat Right on a Budget (2-minute video) in honor of National Financial Awareness Day.	Learn and practice Relaxation Techniques from 12-12:15 p.m. (Calendar invite)	Try one of these Relaxation Techniques and tell us which technique you tried .	Self Care by AbleTo offers on-demand help for reducing worry and improving mood. Download the AbleTo app for free with access code Here4TN.
August 19-23	Learn about DOHR's wellness break agreement to practice self-care during your workday.	Compete in Olympic Trivia! Submit this form by Aug. 23 for a chance to win a prize! 	Unwind with Mindfulness with Nat from 11:30 a.m. – 12 p.m. (Calendar invite)	 Go on, brag a little about your wellness wins for a chance to win a prize!	Learn five tips to help you build a healthier routine .
August 26-30	Use this weekly water tracker to stay hydrated during World Water Week! 	Not a fan of drinking plain water? Add flavor by making fruit infused water!	Follow us on Facebook!  /WFHTN 	Watch a video from our library! 	 Celebrate National Trail Mix Day with this Healthier Trail Mix .

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Be Well @Work Newsletter



In this email:

- [Tap Into Your Inner Olympian](#)
- [Make Your Wellbeing a Priority This Month: July Wellness Calendar](#)
- [Barbecue Basics](#)
- [Stretch and Destress](#)
- [Mindfulness with Nat](#)

Tap Into Your Inner Olympian 🏅

The 2024 Olympics are right around the corner. Olympians train for years to get to the world stage. Their hard work and dedication is inspiring, but you don't have to be an elite athlete to tap into your inner Olympian. Here are three ways you can go for gold today:

Take care of your well-being.

- You don't have to win a gold medal to benefit from goal setting! Challenging yourself with difficult - yet realistic - goals is critical to staying motivated. Set yourself up for success by creating a goal that's achievable. Use this [S.M.A.R.T. Goal Worksheet](#) to help achieve your goals.
- Enjoy yourself. Take a break with **Olympic Trivia on Tuesday, July 30 from 12:30 - 1:30 p.m. CT**. Will you win bronze, silver or gold? Wellness Coordinator Morgan Blake will lead this friendly competition using Mentimeter. The top three winners will be awarded a prize. An additional prize will go to a participant chosen at random. [Download the calendar invite](#). If you can't join live, a link to the quiz will be available on our [Wellness Events page](#) after July 30.

New Prizes!

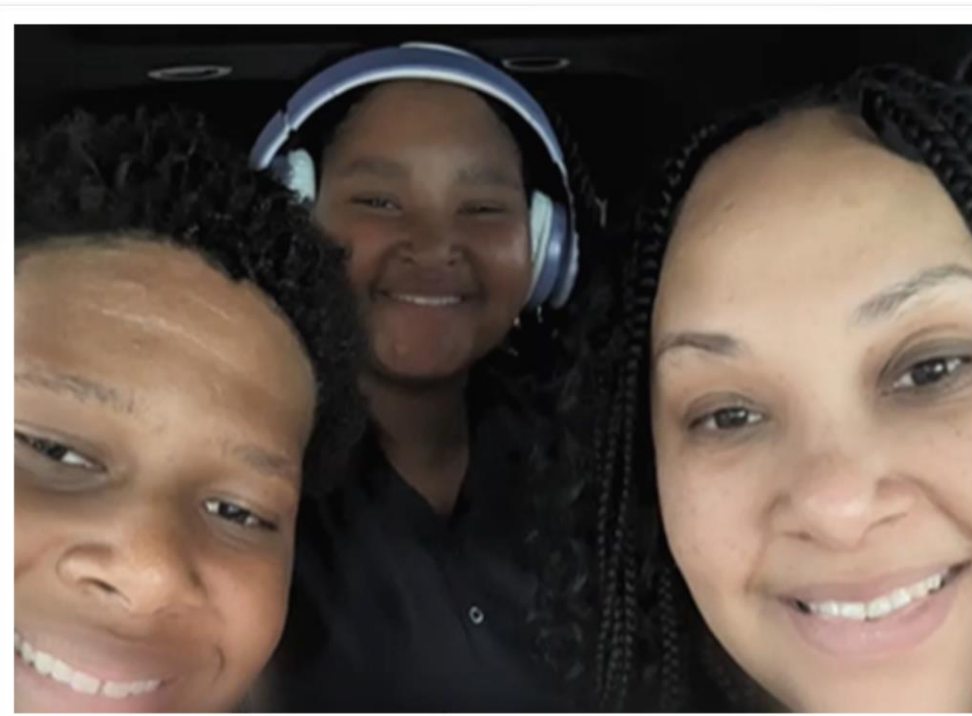
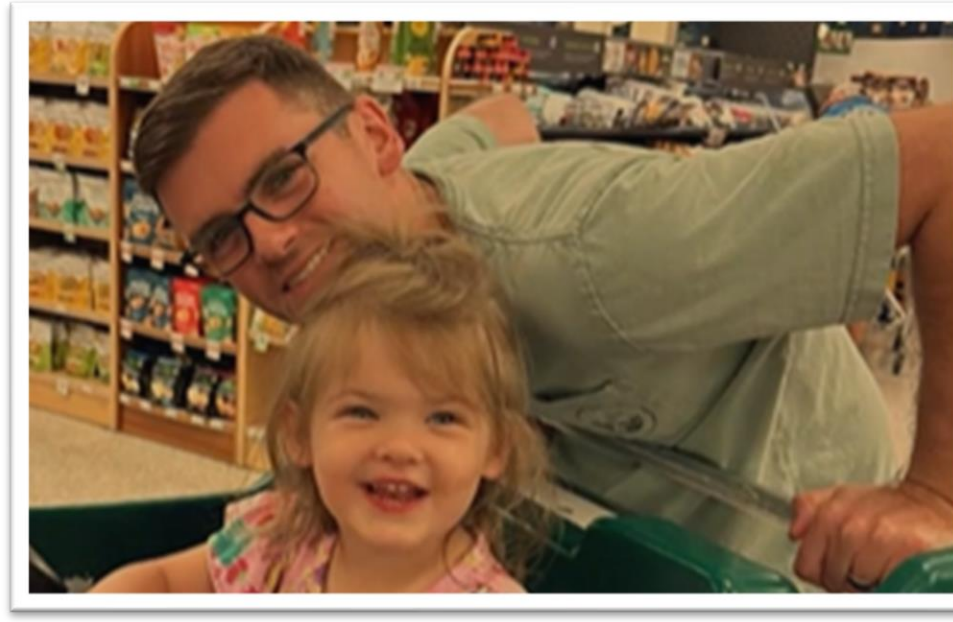
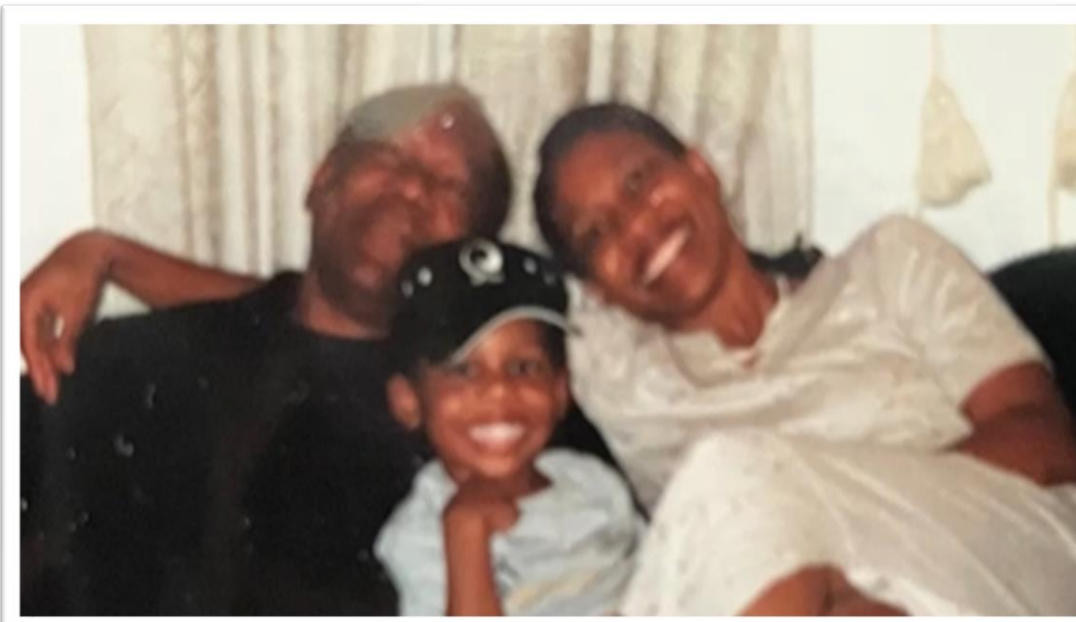


○ [WFHTN Prize Inventory](#)

Wellness Council Spotlights

Mother's and Father's Day Photos

Economic & Community Development



Biometric Screening Events

Human Services

The Department of Human Services is hosting onsite biometric screenings on Aug. 28 and Oct. 2 in the James K. Polk building in downtown Nashville.

- Schedule an appointment by signing in or registering at <https://stateoftn.sharecare.com>.
- Select Achieve, Programs and Health Screening.
- Then you'll be directed to the Quest Diagnostics Health & Wellness site to schedule an appointment.

For additional information, visit

<https://s.sharecare.com/promo/tnwellness/sandhebiometricshowtoguide.pdf>

- Note: State employees and their eligible spouses with medical insurance through Partners for Health can earn an [incentive](#) up to \$200 by completing a biometric screening. Learn more at <https://www.sharecare.com/tnwellness/earn-incentives/>.

Stretch Breaks

Human Services

YouTube

Search



5 minute Refresh [OFFICE STRETCH]

Urban Runoff 5K

Agriculture



Upcoming Schedule



Wellness Council Webinar

- Next webinar will be on Thursday, Sept. 5 from 9-9:45 a.m. CT

Your Updates



What's
new?

Questions





Don't miss an update!
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