



# Follow Us on Social Media!



/WFHTN



@WFHTN



@WorkingForAHealthierTN



/TNSiteChampions

# WORKING FOR A HEALTHIER TN

**April 2021 Wellness Council Webinar**

Encouraging and enabling State employees to lead healthier lives

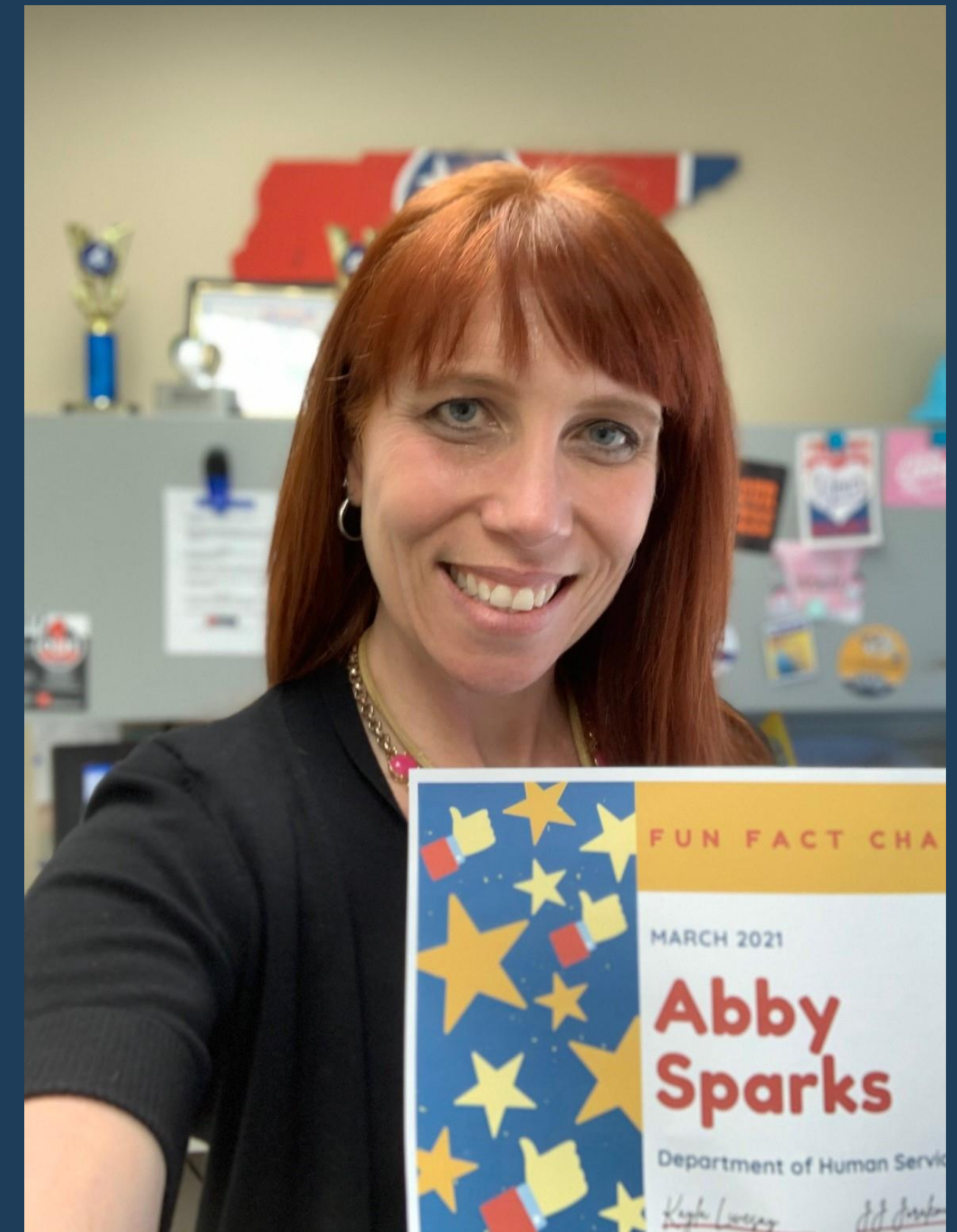
# Today's Agenda

**Fun Fact Challenge**  
**2021 Wellness Warriors Award**  
**Wellness Council Spotlight**  
**April Health Observances**  
**Upcoming WFHTN Schedule**  
**Sharing**  
**Let's Tell a Story!**  
**WFHTN "Team Talk" (*OPTIONAL*)**

# Fun Fact Challenge

*Congratulations to our March Fun Fact Challenge winner:*

**ABBY SPARKS**  
**Human Services**



# Fun Fact Challenge

## The Rules

The 1<sup>st</sup> Wellness Council representative to get 2 out of the 3 answers correct using the chat feature will be crowned this month's **Fun Fact Champion**.

In the event of a tie, a fourth question will be used as a tie breaker.

Please type out the complete answer. (T or F will not count).

# Fun Fact Challenge!

*Are you ready?*



# Fun Fact Challenge!

## Question #1

Enjoy more fruits by adding them to  
\_\_\_\_\_.

Dishes  
The compost

# Fun Fact Challenge!

## Question #2

What you do in the hours before bed can rob you of sleep.

**TRUE OR FALSE**



# Fun Fact Challenge!

## Question #3

\_\_\_\_\_ is “the experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.”

FILL IN THE BLANK: \_\_\_\_\_

# Fun Fact Challenge!

## Tie Breaker

**COMPLETE THIS SENTENCE:**

With \_\_\_\_\_ you'll get access to:

- Daily mood tracking
- Coping tools
- Guided journeys
- Personalized progress
- Community support

**2021 Wellness Warriors  
Award:  
Quarterly Checklist &  
Tournament**

# Quarterly Checklists

**For the 2021 Wellness Warriors Award**

Completed  
Quarterly  
Checklists (3)

Tournament for  
the 2021  
Wellness  
Warriors Awards

2021 Wellness  
Warriors Award  
winner in each  
Division (3)

**Note: Quarterly Checklists ended March 31st.**

# Tournament for the Wellness Warriors Award

**Tournament Dates: May 10-14, 2021**

## April 12

Eligible departments  
will be notified by  
their WFHTN  
Regional Wellness  
Coordinator

## April 26

Wellness Councils  
receive daily  
challenge  
information

## April 27 & 28

(Optional) WFHTN  
2021 Tournament  
Q&A Webinars



# April Activity Planner

# EARTH DAY

Thursday, April 22<sup>nd</sup>

- Tips on Reducing Food Waste (2:30) [5 points]
- Encourage your co-workers to share their pictures and/or stories on how they're reducing food waste [15 points]
- Get active outdoors by visiting one of the many TN Greenways, Trails or State Parks! [30 points]



# “FUNNY TRAIN” National Humor Month

- Send a laugh (joke, meme, video, etc.) to a co-worker.
- Ask your co-worker to keep the “funny train” going by forwarding their own hilarious pick to another co-worker.
- Share your funnies with [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov) by cc'ing or forwarding them to us.

**Zoom meetings are just modern seances**



"There's someone who wants to join us."  
"Elizabeth, are you there?"  
"We can't hear you."  
"Can you hear us?"



# NEW from WFHTN

- **Sound Sleep Challenge** - Get practice with healthy sleep habits that can give you an optimal night's rest!
- **Mindful Meditations Challenge** - Integrate meditations into your day to maintain productivity while also remaining calm and focused with the help of LinkedIn Learning.
- **Road to Wellness Challenge** - Take a journey through six dimensions of wellness to achieve YOUR optimal health. The goal of this self-paced challenge is to focus on making healthy changes that YOU can maintain long-term.



# NEW from WFHTN

- **Get Low Challenge** - This challenge is designed to encourage employees to build strength in their quadriceps and hamstrings. The goal of this challenge is to complete the specified number of squats and lunges each day.
- **Flavor of the Week Challenge** - Take on this challenge to try new-to-you foods and recipes to expand your personal palate and increase your opportunity to receive all the nutrients necessary for optimal health!



## **April Holidays & Health Observances**

[National Minority Health Month](#)

[National Garden Month](#)

**National Cancer Control Month**

[Occupational Therapy Month](#)

[Stress Awareness Month](#)

[Sports Eye Safety Awareness Month](#)

[Women's Eye Health & Safety Month](#)

[National Public Health Week](#) (April 5-11, 2021)

[World Immunization Week](#) (April 20-25, 2021)

[World Health Day](#) (April 7, 2021)

[Earth Day](#) (April 22, 2021)

# Wellness Council Spotlight



# Happiness Fest Pet Photo Contest

Department of Commerce & Insurance



# March Madness Virtual Races

Department of Finance  
& Administration



# **St. Patrick's Day Food Rainbows**

**Department of Revenue**



# Happiness Fest

Department of Safety & Homeland Security

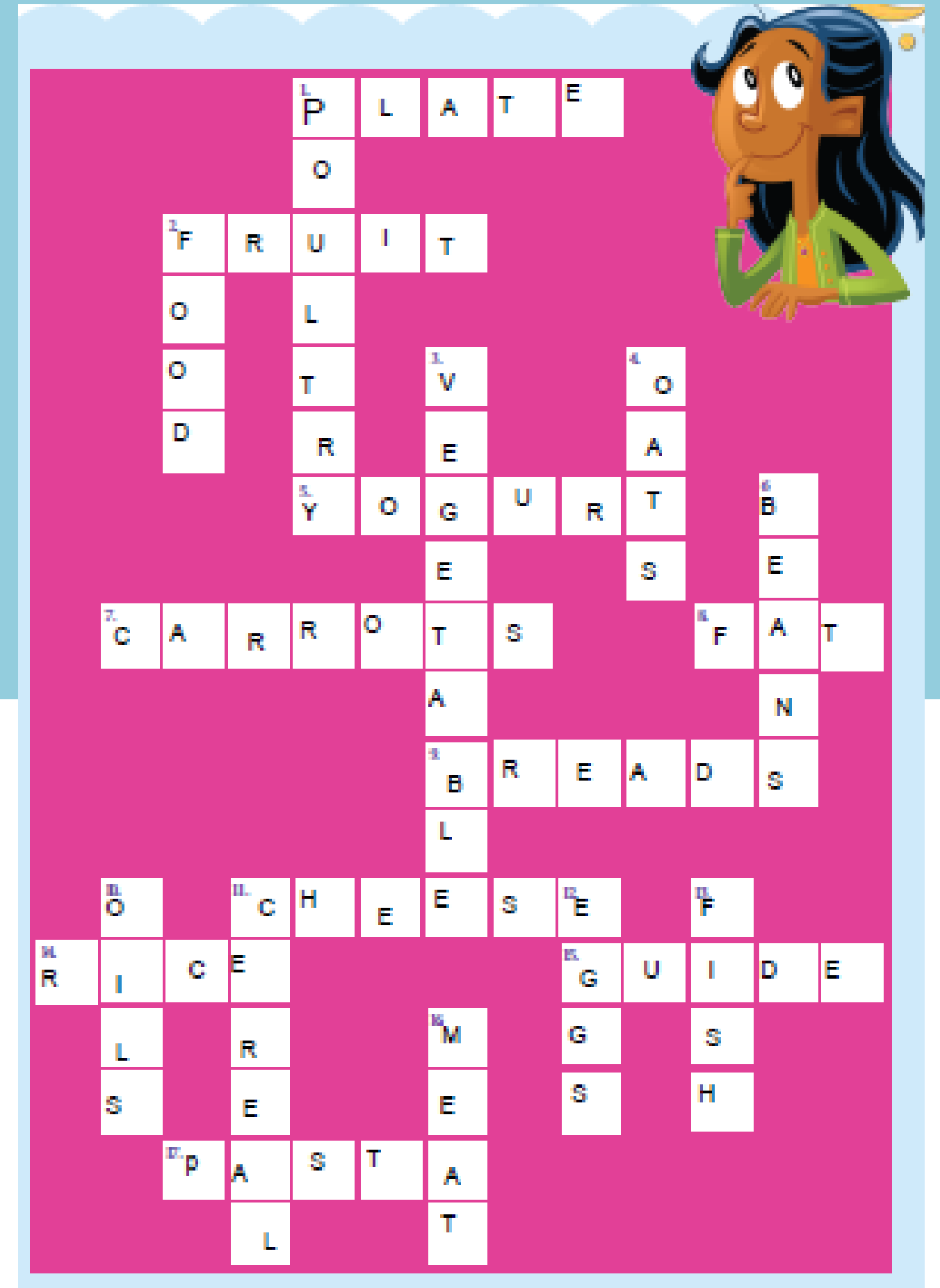
*“Happiness is a habit – cultivate it.”* -Elbert Hubbard





# MyPlate Crossword Puzzle

**Department of  
Intellectual &  
Developmental  
Disabilities**



# March Trivia!

**Mental Health &  
Substance Abuse  
Services**

**Labor & Workforce**



# Create Your Plate!

**Tennessee Bureau of  
Investigation**

**Department of  
Environment &  
Conservation**



# Upcoming WFHTN Schedule

## April Activity Planner

Due April 30<sup>th</sup>

## Tournament for the Wellness Warriors Award

April 12<sup>th</sup>: Notified if eligible

April 26<sup>th</sup>: Receive daily challenge information

April 27<sup>th</sup> & 28<sup>th</sup>: Tournament Q&A Webinars

Dates: May 10-14, 2021

## May Wellness Council Webinar

Thursday, May 6<sup>th</sup> at 9-9:30 a.m. Central

*WFHTN Team Talk!* at 9:30-9:45 a.m. Central



# Your Updates!



# April Fools'

## Let's Tell a Story!

- I have the list of “Words Needed” and the story.
- The first person to chat the required word(s) is the word we'll go with!
- Once we've collected all the “Words Needed” we'll read the story aloud.



# April Fools'

## Let's Tell a Story!

<p><b>ADJECTIVE</b> Describes something or somebody. <i>"Lumpy, soft, ugly, messy, short"</i></p>	<p><b>EXCLAMATION or SILLY WORD</b> Any sort of funny sound, gasp, grunt or outcry, <i>"Wow!, Ouch!, Ick! Gadzooks!"</i></p>
<p><b>ADVERB</b> Tells how something is done. Modifies a verb &amp; usually ends in "-ly." <i>"Modestly, stupidly, greedily, carefully"</i></p>	<p><b>VERB</b> An action word. <i>"Run, pitch, jump, swim"</i></p>
<p><b>NOUN</b> Name of a person, place or thing. <i>"Sidewalk, umbrella, toy, bathtub"</i></p>	<p><b>PLACE</b> Any sort of place: a country or city (<i>Mexico, Oakland</i>) or a room (<i>bathroom, kitchen</i>)</p>
<p><b>PLURAL</b> Means more than one. Door pluralized is <i>"doors."</i></p>	<p><b>NUMBER, COLOR, ANIMAL or PART OF THE BODY</b> A word that is one of those things. <i>"Seven, green, dog, mouth"</i></p>

# Questions



***Stay on for  
“Team Talk”!***



# **WFHTN Team Talk**

## **Today's Topic:**

### **Wellness Council Member Engagement**

- **Wellness Council Recognition & Incentives**

# EMPLOYEE RECOGNITION

*the open acknowledgment & expressed appreciation  
for employees' contributions to their organization*

- **No-Cost Prize Ideas like “Cheers from peers!”**
  - Go public with your appreciation.
  - Don't miss employee anniversaries.
  - Offer a recommendation for their IPP!
- **“Surprise and delight” members.**
  - Ask members what would be meaningful to them?
  - Involve leadership.





# Follow Us on Social Media!



/WFHTN



@WFHTN



@WorkingForAHealthierTN



/TNSiteChampions