



Wellness Council Webinar Notes

April 4, 2024

Welcome

- Thank you for joining our April 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:
 - Employee Spirit Month Wrap-up
 - Quarterly Activity List
 - Breathing Practice
 - What's New
 - Wellness Council Spotlights
 - Upcoming Schedule
 - Your Updates

Employee Spirit Month Wrap-up

- Thank you to everyone who participated in our first social media campaign, celebrating Employee Spirit Month! We received 70 photo submissions from eight agencies!
- Furry friends was the most popular theme.
- Big thanks to Human Services and Finance and Administration Wellness Councils for the most submissions!
- Shout out to Leila Mitchell, with Human Services, for having the most employee spirit! Leila participated in each weekly theme!
- As a reminder, the more people who engage with our social media, the more who are aware about what's going on across the state with your Wellness Councils.
- Do you have any suggestions for a weekly theme if we repeat this activity in the future?
- Let's watch an Employee Spirit slideshow featuring some of the submitted pictures.

Quarterly Activity List

- We are starting 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:**
 - Share the [Here4TN Financial Topic Center](#) in honor of [America Saves Week](#) from April 8-12.



- **Engage:**
 - Promote the [Sneaky Food Demo](#) taking place this Friday, April 5 from 12-12:30 p.m. CT. Only 1 in 10 Americans get enough fruits and vegetables. Let's [sneak more veggies into your meals](#) with a simple [Zucchini Pizza Crust recipe](#). You're welcome to watch or cook along!
 - Promote the [Magic of Movement](#) 4Mind4Body webinar happening on April 10 from 11:30-12:30 p.m. CT.
 - In honor of Earth Day on April 22, join a [Nobody Trashes Tennessee clean up event](#) near you. Send photos ([with permission](#)) to WFHT.TN@tn.gov.
- **Inspire change:**
 - Our Working for a Healthier Me Challenge takes place from April 1-30. Do you meal prep for the week, take a walk during your lunch break, have a daily mindfulness practice or participate in other healthy habits? Let us know how you're "**Working for a Healthier Me**" by Tuesday, April 30 for a chance to win a prize: https://stateoftennessee.formstack.com/forms/working_for_a_healthier_me_submission_form
- Go to <https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html> to access the entire quarter four (April-June) Activity List.

Breathing Practice

- Let's start by taking a one-minute break to check in with our breathing.
- Sit or stand with your spine long.
- Place one hand on your heart and one hand on your belly (optional).
- Try to make your exhales longer than your inhales.
- We'll breathe together, in silence, for one minute.
- Let's begin.
- Great job! Keep in mind we can assist you during meetings by leading this and other types of activities. You can access our website for more team building resources: www.tn.gov/wfhtn/challenges/team-building-activities

What's New

- **Be Well @ Work**
 - We want to inform you that our Be Well @Work monthly newsletter is sent directly from Working for a Healthier Tennessee to all Tennessee State Government employees on the first Tuesday of each month.
 - Our [weekly newsletters are being archived](#) on our website as well!
- **April Wellness Calendar**
 - Grab our April daily wellness calendar on our Wellness Events webpage at www.tn.gov/wfhtn/challenges/wellness-events.
- **Annual Celebration Save the Date!**



- We hope to see you at this year's Annual Celebration taking place on July 24 at the Tennessee Tower in downtown Nashville!
- Please hold this date on your calendar until we share more details.
- If you haven't attended our annual celebration in the past, it's a time to celebrate and recognize your hard work each year. We'll have wellness vendors, discussions, activities, awards and more!
- Is your agency Well Workplace Award worthy?! If so, let us know by Friday, June 7 at https://stateoftennessee.formstack.com/forms/wfhtn_well_workplace_awards_submission.

Wellness Council Spotlights

• Children's Services

- The Department of Children's Services held a virtual wellness retreat, with a calming room, guided meditation, yoga and more! Attendees took the opportunity to create space for rest, reflection and connection in the midst of doing difficult work, while also earning some training credit.
- DCS also hosted a Let's March Challenge where they aimed to walk more in March!
 - Pictured: DCS Case Manager Jamie M. Maples walking with her son and their 12-year-old chocolate lab.

• Labor and Workforce Development

- The Department of Labor and Workforce Development Wellness Council hosted an in-person health fair on March 5. More than 100 employees attended! They had many different wellness booths including Working for a Healthier Tennessee, Optum, Sharecare, Tennessee State Parks, Pick Tennessee Products, the Department of Health and more! They had an engaging activity board that attendees filled out for a chance to win a door prize. The activity board included visiting certain booths, signing up for their March Madness Steps Challenge, high fiving a Wellness Council member and more. Congratulations on a successful event!

• Health

- The team at the Marshall County Health Department celebrated National Nutrition Month with a yogurt and trail mix bar. Yum!

• Tennessee Courts

- Lisa Angel, Wellness Chair with TN Courts, organized a Healthy Heart Month activity in February with approximately 10 employees participating. Nice job, Lisa and team!

Upcoming Schedule

- Our next monthly Wellness Council webinar takes place on Thursday, May 2 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.

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!