

WFHTN Wellness Council Webinar Notes January 6, 2022

Welcome

- Hello everyone! Thank you for joining our January 2022 Wellness Council Webinar.
 - Please go ahead and type your department or agency in the chat box to let us know who you are representing!
- Today's webinar agenda includes:
 - Wellness Whiz Quiz
 - WFHTN Quarterly Activity List
 - Now Available
 - Wellness Council Spotlight
 - January Health Observances
 - Upcoming WFHTN Schedule
 - Sharing

Wellness Whiz Quiz

- Congratulations to our January 2022 Wellness Whiz, Kirby Fye from the Department of Mental Health & Substance Abuse Services!
 - Here are our rules for how the Wellness Whiz Quiz works:
 - The first Wellness Council representative to get two out of the three answers correct using the chat feature will be crowned this month's Wellness Whiz.
 - In the event of a tie, a fourth question will be used as a tie breaker.
 - Please type out the complete answer.
 - Today, we're going to do things FAMILY FEUD style – where you'll name *the most popular answer* to survey questions in order to win.
 - Using the chat feature, let me know who's ready to play our January Wellness Whiz Quiz!
- 1. Name something you would buy a lot of when hosting a New Year's party.**
 1. Survey says: DRINKS ("Food" was #2.)
 - 2. Name a culture or religion that celebrates a different New Year than the West.**
 1. Survey says: CHINESE ("Jewish" was #2.)
 - 3. Name a popular New Year's resolution.**
 1. Survey says: LOSE WEIGHT ("Quit Smoking" was #2.)
 - 4. TIE BREAKER: Name a New Year's TV host.**
 1. Survey says: DICK CLARK ("Regis Philbin" was #2.)

Source: <https://www.familyfeudquestions.com/Index/search?keyword=new+year>

WFHTN Quarterly Activity List

- We are in a new quarter of the fiscal year! Quarter three includes January, February and March 2022.
 - A new quarter means another chance to solidify your Achievement Level status for the fiscal year. Is your Wellness Council going to be a bronze, silver or gold level Wellness Council!?
- **January 2022 Suggestions**
 - Here are some suggestions for January to start this third quarter strong!

- These Quarterly Activity Lists, which contain ideas from the WFHTN team, can always be found on our website (under our Achievement Levels tab). Share the Q3 Activity Lists with your fellow Wellness Council members to easily complete a Wellness Council: Communicate activity!
- You're already participating in this January Wellness Council Webinar – so that's a check for a 'Wellness Council: Engage' activity!
- Celebrate BELLY LAUGH DAY (on Monday, Jan. 24) with five minutes of laughter yoga. You can join us live on [Monday, Jan. 24 at 11 a.m. CT](#) with instructor and fellow Department of Health Wellness Co-Chair, Kristina Giard-Bradford.
 - What is Laughter Yoga?
 - Laughter Yoga is not a comedy, it is an exercise program. We don't need to rely on jokes or a sense of humor. We do intentional laughter as an exercise to begin with, which turns into real and genuine laughter. When practiced in a group, laughter becomes contagious by watching each other laugh.
 - What are the benefits of laughter?
 - Improves your mood. Helps you cope with stress. Soothes tension. Laughter releases hormones that make you feel good.
 - Pictured: Snapshot from a live Laughter Yoga session from The Department of Health.
 - If you plan to join us live - we kindly request you join the fun with your camera on. No yoga mat or special attire is needed. Laughter Yoga is fun and for all fitness levels!
- National Trivia Day was on Jan. 4 and Kayla has a "[Physical Activity Trivia](#)" Kahoot! anyone can join on Wednesday, Jan. 19 from 1-1:15 p.m. CT.
- As always, we have articles and resources to share to help you communicate confidently about health and wellness topics in a timely manner.
- Our very own Registered and Licensed Dietitian, Morgan, will be hosting two webinars on a "Healthy Weight at Work" where she'll discuss...
 - What is a "healthy weight"? What is healthy living? How to integrate healthy living practices while at work.
 - These offerings will take place on [Thursday, Jan. 20 at 12 p.m. Central](#) or [Friday, Jan. 28 at 11:30 a.m. Central](#).
- The very last idea I wanted to call out is our all agency [S.M.A.R.T. Goal Challenge](#) happening Sunday, Jan. 9 through Saturday, Feb. 5.
 - This is our first ALL AGENCY challenge of the new calendar year. It's absolutely optional, but we would love for your co-workers to join us in setting some intentions for 2022.
 - In this challenge, employees can create a personalized health goal to work on daily (whether that be related to healthy eating OR stress) and track their progress over the course of four weeks.
 - WFHTN will award a prize to 10 participants chosen at random!
 - Please encourage your colleagues to sign-up for the [challenge communications](#) by Friday, Jan. 7 at Noon Central. (Note: You do not have to sign up for these communications to participate in this challenge.)

Now Available from WFHTN

- The WFHTN team has several new HANDOUTS you don't want to miss including:

- [“The Scoop on Protein”](#), [“What is A Healthy Weight?”](#) and [“Healthy Weight Week”](#) (third week in January).
- We also have healthy recipes we add to our website monthly!
 - Our latest additions include a [“Spicy Noodle Soup”](#) and [“Five Ingredient Granola Bar.”](#)
- Still Open & Available - WELLNESS COUNCIL AWARDS (for FY 2022)
 - Don't forget that you can nominate your Wellness Council (or another agency's) for one or more of WFHTN's 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 [HERE](#).
- Heads up! Soon, WFHTN will be sending out an Employee Interest Survey. So, be on the lookout!
 - Your participation is completely voluntary and confidential.
 - And your answers will help us, and your Wellness Councils develop future plans more in line with employees' health interests and needs.
 - Please help us encourage completion of this upcoming survey!
- Speaking of surveys... the WFHTN Monthly Wellness Council Webinars are going to be changing. We received such overwhelming positive feedback on our December Panel (featuring DHS' Abby Sparks, General Services' Julie Hannah and Revenue's Kelly Cortesi) that we want to make sure everything we cover in these webinars is helpful.
 - So, we are going to get your valuable feedback right now, via some live polls, to hear what you really want to see at these webinars!
 - **Poll #1: Which type of icebreaker activity do you prefer?**
 - Wellness Whiz Quiz
 - Get to know the WFHTN team
 - Team building activities
 - Trivia
 - A variety!
 - **Poll #2: What part of this webinar is most helpful?**
 - Quarterly Activity List ideas
 - What's New with WFHTN
 - Wellness Council Spotlight
 - Holidays & National Health Observances
 - Sharing Ideas
 - **Poll #3: What part of this webinar is least helpful?**
 - Quarterly Activity List ideas
 - What's New with WFHTN
 - Wellness Council Spotlight
 - Holidays & National Health Observances
 - Sharing Ideas
 - **Poll #4: Which of the following would be more helpful?**
 - Tutorials on how to use/lead activities, challenges, etc.
 - Guest appearances by Wellness Council members
 - Wellness Council panels on various topics
 - Learning about health and wellness related topics
 - All of the above
 - **Poll #5: How much interaction do you like on these webinars?**

- I like more interaction!
- I prefer less interaction.
- **Poll #6: How do you prefer to attend our Annual Awards Celebration?**
 - I prefer to attend virtually.
 - I prefer to attend in-person.
 - I am unsure.

January 2022 Holidays & Health Observances

- Family Fit Lifestyle Month
- Healthy Weight Week (third full week of January)
- National Fun at Work Day (Friday, Jan. 28)
- You can always access our National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/achievement-levels.html>

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
 - **Revenue (and Children’s Services) – 12 Days of Fitmas**
 - Instead of singing the 12 Days of Christmas, imagine working out to them! That’s what the Departments of Revenue and Children’s Services did. At Revenue, they also turned their 12 Days of Fitmas into a team challenge and the competition was fierce!
 - Top Picture: Some of the photos submitted during Week 1, where employees tackled half jacks, wall sits, chair planks and walking high knees.
 - **Human Services - 12 Days of Yeti Challenge**
 - DHS and their winter-loving friend, Freddy the Yeti, went on a 12-day health and well-being adventure! It can be hard to prioritize self-care and well-being during the holiday season, so this challenge focused on small steps to improve physical activity, healthy eating and emotional well-being. Each workday during the challenge they completed a wellness-related activity.
 - **Mental Health and Substance Abuse Services – Virtual Holiday Card Exchange**
 - The Department of Mental Health and Substance Abuse Services brought back their virtual holiday card exchange this past holiday season due to it being a hit the previous year. 25 people sent each other wishes of cheer across the state.
 - Perhaps your agency could consider a virtual Valentine’s card exchange!
- Keep up the great work and please continue to share all your successes and photos with us. Don’t forget, you can even send them to us directly on social media! Tag us, or send them in a comment or a direct message.

Upcoming WFHTN Schedule

- **February Wellness Council Webinar**
 - Thursday, Feb. 3 from 9-9:45 a.m. Central
- **Quarter 3 Activity List**
 - Due Thursday, March 31
- *For our full virtual event list, please visit [tn.gov/wfhtn](https://www.tn.gov/wfhtn) and scroll down to ‘Events & Activities’.*

Your Updates

- If you haven't already, please let us know in the chat box which department you're representing.
- Let's take some time to share what's going on in your department. What wellness activities, challenges or programs would you like to share?
 - Agriculture
 - Children's Services
 - Commerce and Insurance
 - Commission on Aging and Disability
 - Correction
 - Economic and Community Development
 - Education
 - Environment and Conservation
 - Finance and Administration
 - Financial Institutions
 - General Services
 - Health
 - Human Resources
 - Human Services
 - Intellectual and Developmental Disabilities
 - Labor and Workforce Development
 - Mental Health and Substance Abuse Services
 - Military
 - Revenue
 - Safety and Homeland Security
 - TBI
 - TennCare
 - TN Courts
 - Tourist Development
 - Transportation
 - Tricor
 - TWRA
 - Veterans Services

Questions

If you have any questions, we'd be happy to answer those now.

Thank you for joining our WFHTN Wellness Council Webinar! As always, please reach out to your WFHTN Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!