



Wellness Council Webinar Notes

May 2, 2024

Welcome

- 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!
 - We also want to acknowledge our teammate Lindsey Joe left state government in April. We will miss her and wish her well!
- Today's agenda includes:
 - Celebrations
 - Mental Health Month
 - Quarterly Activity List
 - What's New
 - Wellness Council Spotlights
 - Upcoming Schedule
 - Your Updates

Celebrations

- Let's kick off by celebrating you! If you're celebrating a birthday, anniversary or anything else, please feel free to share it in the chat.
 - We'd like to wish Abby Sparks from the Department of Human Resources a very happy birthday!
 - We'd also like to warmly welcome the following employees who have recently joined their agency's Wellness Council!
 - Amanda Boulware, Lee Ann McKnight and Emily Lussier with Commission on Aging & Disability
 - Elizabeth Heffington with Tennessee Higher Education Commission
- If you'd like to share your birthday or other celebrations with us, please let us know: https://stateoftennessee.formstack.com/forms/wellness_council_member_celebrations

Mental Health Month

- May is Mental Health Awareness Month, and today we'll debut an interactive Mentimeter activity.
 - Today we will discuss mental health statistics and free resources available to you. We understand that mental health can be a sensitive topic. Please note your responses in Mentimeter are anonymous.
- **Word Cloud/Poll:**
 - Let's do some word association:
 - What words come to mind when you think about mental health?



- **(Participants to respond in Menti)**
 - Now for a poll. Do you feel like you take good care of your mental health?
 - **(Participants to respond yes or no in Menti)**
 - Do you feel like you would be able to recognize if a colleague might need to get help for their mental health?
 - **(Participants to respond yes or no in Menti)**
- **Research About Mental Health**
 - 1 in __ people experience a mental health condition each year, and it likely includes some of your coworkers.
 - **(Participants to respond in Menti)**
 - Answer: 1 in 5
- Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. Our mental health also helps determine how we handle stress, relate to others and make healthy choices. According to the Centers for Disease Control and Prevention, poor mental health can impact your work by making you:
 - Unable to perform your job well.
 - Unable to connect with coworkers.
 - Unable to perform physical tasks.
- The most important thing you can do for a peer is to have empathy and support if they're going through difficult times. If you notice that a coworker is struggling with their mental health, you can support them in one of the following ways:
- **Talk It Out**
 - Ask appropriate, open-ended questions to help your coworker feel more comfortable sharing with you.
 - Actively listen with your complete attention.
 - Resist the urge to think about how you should respond next or offer advice.
 - Recognize their feelings and express your understanding back to them.
 - Don't be afraid to relate on a personal level.
 - Ask them what they can do to get better.
 - Encourage them to seek support or talk to someone.
 - Be aware of your own stress, feelings or thoughts that might be a barrier to being supportive.
- **Offer Support**
 - Encourage the employee to use the available resources offered. I'll share more on this in a few moments.
- **Educate Yourself**
 - If a coworker is struggling with a mental illness and you want to identify how to support them along with what is listed above, here are some options:
 - Educate yourself about general mental health concerns such as the symptoms for depression and anxiety.



- If the employee discloses a mental illness, always respect their need for and right to privacy. A person with a mental illness has the same right to be treated with dignity and respect as any other person.
- Let's dive into resources available to Tennessee State Government employees!
 - **Ask:** What mental health resources available to Tennessee State Government employees are you familiar with?
 - **(Participants to respond in Menti)**
- **Resources**
 - Here4TN is your Emotional Wellbeing Solutions program. This benefit is available 24/7 and is always confidential. Here4TN EWS services are available to all benefits-eligible employees and their eligible family members, at no extra cost, even if they are not enrolled in medical insurance.
 - Behavioral Health benefits are also provided through Optum. Members and dependents enrolled in medical insurance have access to outpatient and facility-based behavioral health and substance use disorder services.
 - Optum Health administers EWS and behavioral health benefits. Connect with them to see what help is available: <https://www.here4tn.com/>.
- **Specific Programs:**
 - **Direct:** Click this link: [Here4TN Short-Term Confidential Counseling](#)
 - **Ask:** How much do the five counseling sessions, per issue, per year cost?
 - **(Participants to respond in Menti)**
 - [Here4TN Short-Term Confidential Counseling](#): These are available to you at no cost. Get five counseling sessions, per issue, per year. Here4TN offers telephonic, in-person and virtual in-network counseling options. You may also have access to additional support with long-term counseling through your behavioral health benefits, as needed. The Here4TN team can help you find a provider that works for you.

 - **Direct:** Click this link: [Self-Care by AbleTo](#)
 - **Ask:** How much does Self-Care by AbleTo cost?
 - **(Participants to respond in Menti)**
 - **Answer:** Available at no additional cost.
 - [Self-Care by AbleTo](#): Get self-help tools and techniques for boosting your mood. Anytime, anywhere. Online or through the mobile app at no additional cost to you. This is a self-guided program that you can do at a pace that works for you.

 - **Direct:** Click this link: [Take Charge at Work](#)
 - **Ask:** If you are enrolled in the health plan, how much can you earn by participating in Take Charge at Work?
 - **(Participants to respond in Menti)**



- **Answer:** If enrolled in medical insurance through Partners for Health, you can earn an incentive of \$150 for participating in Take Charge at Work.
 - **Take Charge at Work:** This is a confidential program to help working adults recognize and manage symptoms of stress and depression at work. It's normal to feel down sometimes, but if those feelings start to affect your life more often, you may need extra support.

 - **Direct:** Click this link: [Sharecare's Unwinding Anxiety](#)
 - **Ask:** Can any benefits-eligible Tennessee State Government employee use this resource?
 - **(Participants to respond in Menti)**
 - **Answer:** Yes, this is a benefit available at no additional cost.
 - **Sharecare's Unwinding Anxiety:** This 30-day program consists of short daily exercises to help you learn how your mind works, so you can change your habits around anxiety.

 - **Direct:** Click this link: <https://www.tn.gov/wfhtn/resources/well-being.html>
 - **Ask:** Does the Working for a Healthier Tennessee website have numerous, free well-being resources?
 - **(Participants to respond in Menti)**
 - **Answer:** Yes!
 - Our website has many well-being resources from financial fitness to ergonomics and more: <https://www.tn.gov/wfhtn/resources/well-being.html>

 - **Poll:** How confident do you feel in using these resources for yourself or sharing with a colleague?
 - **(Participants to respond in Menti)**
 - Remember, mental and physical health are equally important components of overall health. We all need help sometimes and help is readily available.
 - **Sources:**
 - <https://www.mhanational.org/how-can-we-support-employee-mental-health-concern>
 - https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn_mental_health_month_final.pdf
- We hoped you enjoyed learning more about mental health and the numerous resources we have available. Reach out to your wellness coordinator if you'd like to have this activity done for your team.

Quarterly Activity List

- We are in the middle of 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:**
 - You could share these [Eight Simple Steps for Good Health](#) in recognition of [Mediterranean Diet Month](#).
 - **Engage:**
 - Promote the [Intuitive Eating](#) 4Mind4Body webinar happening on May 8 from 11:30 a.m. to 12:30 p.m. CT.
 - Promote our [Virtual Resource Showcase](#) happening on Thursday, May 9 from 11–11:45 a.m. CT. Attendees will learn about the virtual resources available through Working for a Healthier Tennessee, the Partners for Health Wellness Program and Here4TN's Emotional Wellbeing Solutions.
 - **Inspire change:**
 - **Host a Walking Meeting**
 - It's May, the weather is warmer and many of us love getting outdoors and enjoying nature.
 - During the month of May, combine nature and work by scheduling a [walking meeting](#) with a colleague. Let us know about your walking meeting by May 31 for a chance to win a prize!
 - Go to <https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html> to access the entire quarter four (April-June) Activity List.
- **Volunteer-led Activities**
 - We'd like to take a moment to show appreciation for our wonderful volunteers who give their time week after week, month after month to provide free virtual options to all Tennessee State Government employees. These breaks consistently receive very positive feedback. We encourage you to promote and/or attend and invite a colleague! Cameras are never required, and you can join to participate or perhaps watch later.
 - Interested in joining but have a schedule conflict? We've got you covered! If the event is live, it is usually recorded and available on-demand on our website: <https://www.tn.gov/wfhtn/resources/video-library.html> (Click 'Wellness Events'). If the event is livestreamed, the video is plugged into the Teams chat after the live event is finished.
 - Here is a look at our weekly and monthly activities*:
 - **Stretch & Destress:** Mondays from 12-12:15 p.m. CT
 - Shout out to Denise M. Galben, Robin Littlefield and Sophia DeMarse for leading these classes!
 - **Dance Break:** First Tuesday of the month from 12-12:15 p.m. CT



- Shout out to Adrienne Hackney, Denise M. Galben and Kendra Thomas for leading these breaks!
- **10-minute Fitness Break:** Wednesdays from 11-11:10 a.m. CT
 - Shout out to the Department of Human Services Wellness Council for providing these breaks!
- **Mindfulness Break with Nat:** Third Wednesday of the month from 11:30 a.m. -12 p.m. CT
 - Shout out to Nat Chapman for providing these breaks!
- **Department of Children's Services Fitness Break:** Thursdays from 10-10:15 a.m. CT
 - Shout out to the Department of Children's Services Wellness Council for providing these breaks!
- **Department of Health Mindfulness Break:** Thursdays from 11:15-11:30 a.m. CT
 - Shout out to the Department of Health Wellness Council for providing these breaks!
- *Please note: Sometimes this schedule varies due to state holidays.
- To add these events (and more) on your calendar go to:
<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

What's New

- **May Wellness Calendar**
 - Grab our May daily wellness calendar on our Wellness Events webpage at www.tn.gov/wfhtn/challenges/wellness-events.html.
- **Annual Celebration Announcement**
 - Save the date on your calendar for Wednesday, July 24 from 10 a.m. – 12:30 p.m. CT for the Annual Celebration which will be held at the Tennessee Tower! The registration link will be available soon.
- **Promote and join the Level Up Steps Challenge from Sharecare!** The goal: Track your steps for at least 21 days from May 1-31 to meet the challenge goal.
 - To participate:
 1. Log in to your Sharecare account or register at **stateoftn.sharecare.com**.
 2. Find **Challenges** under the **Achieve** icon.
 3. Look for the **Level Up Steps Challenge** and click **Join**.
 4. Track your steps at least 21 days from May 1 to May 31.
 - There are two ways to track your steps:
 1. **Automatic tracking:** Link your Fitbit app, Google Fit or mobile phone's Health App with Sharecare and enable automatic tracking. Then, be sure to sync your wearable device/app to your Sharecare account every few days.
 2. **Manual tracking:** Each day, log into the Sharecare app and select **Track, Steps** and then **Add Today's Entry** to manually record your steps activity. Use the steps conversion chart to convert your activities to steps.



- **Note:** State employees enrolled in medical insurance through [Partners for Health](#) are eligible to earn an incentive by participating in [Sharecare's quarterly challenges](#). Learn more at <https://www.sharecare.com/tnwellness/earn-incentives>.

Wellness Council Spotlights

- **Children's Services**
 - The Department of Children's Services has a small but mighty group of about six employees that workout together in person on Mondays, Wednesdays and Fridays at UBS. Pictured: The group doing their regular Monday towel workout by request!
- **Economic and Community Development**
 - The Department of Economic and Community Development held a March into Spring steps challenge during the month of March. Together they took 1,741,764 steps!
 - They had a prize for most unique way of getting steps, and the winner got steps by practicing the father/daughter wedding dance with his daughter who got married on March 23.
- **Labor and Workforce Development**
 - The Department of Labor and Workforce Development held their annual March Madness Steps Challenge and 182 employees participated! Every year this aligns with the national basketball tournament. The divisions within Labor and Workforce Development pick a team playing in the tournament and get points if their team does well. They had individual awards, team awards and recognized the overall top ten steppers. They also gave bonus points when participants ate fruit or drank water. The top stepper took more than 580,000 steps!
- **Department of General Services**
 - You're invited to the **Department of General Services' Health & Wellness Fair** on Tuesday, May 21 from 7 a.m. - 4 p.m. CT in the conference rooms M, N, O and P on the 3rd floor of the Tennessee Tower.
 - Quest Diagnostics will be conducting [biometric screenings](#) from 7 a.m. - 12 p.m. The deadline to schedule an appointment is May 7.
 - Schedule an appointment by registering at <https://stateoftn.sharecare.com>.
 - Select Achieve, Programs and Health Screening.
 - You will then be directed to the Quest Diagnostics Health & Wellness site to schedule an appointment.
 - 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/>.



- BlueCross BlueShield of Tennessee, RetireReadyTN, Working for a Healthier Tennessee, Optum Health, Optum Financial, Sharecare and Tennessee State Parks will be onsite from 9 a.m. – 4 p.m. to share employee benefits information and resources.
 - All Tennessee State Government employees are welcome to participate.
- **Transportation**
 - A division within the Department of Transportation recently completed a volunteer river cleanup. 26 volunteers removed 5,228 pounds of trash from Chickamauga Lake!
- **Health**
 - Public Health Week was April 1-7 this year with the theme “Protecting, Connecting and Thriving.” Employees were invited to share one word to describe why they choose to work in public health by creating a word cloud in Mentimeter.
- **National Garden Month**
 - During April, we asked employees to send us their gardening pictures in honor of National Garden Month. Here are a few samples of what we received as of April 24. Thank you to employees from Agriculture, Correction, Education, Finance and Administration, Health Facilities Commission, Human Services, Mental Health and Substance Abuse Services and Revenue for participating!
 - James from Department of Correction is pictured here in his garden. James shared this about his passion for gardening: “My wife and I really enjoy cultivating and growing healthy plants and vegetables. It is rewarding to eat healthy meals that result from months of care and labor. It also provides that connection to a way of life that promoted growth and sustainability in our great country. The feeling of self-reliance, that you can feed yourself from the land, rather than a drive-thru window. Thanks again, and happy gardening!”
- **National Humor Month**
 - On April 24, employees from seven different agencies joined together for some contagious Laughter Yoga. One employee shared, “It’s not often that we’re encouraged to laugh for no reason, and that’s a shame.” Reach out if you want to host a Laughter Yoga session with your colleagues!

Upcoming Schedule

- Our next monthly Wellness Council webinar takes place on Thursday, June 6 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.

Before we wrap up today's webinar, I want to remind you to check out our Be Well @Work newsletter sent directly from Working for a Healthier Tennessee to all Tennessee State Government employees on the first Tuesday of each month.

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!