

WFHTN Wellness Council Webinar Notes Oct. 6, 2022

Welcome

- Hello everyone! Thank you for joining our October Wellness Council Webinar. As much as we love seeing you, we ask that you please keep your webcam turned off to maximize the quality of this webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Today's webinar agenda includes:
 - Fun with Mentimeter!
 - Quarterly Activity List
 - What's New?
 - Wellness Council Spotlight
 - Upcoming Schedule
 - Sharing

Fun with Mentimeter

- Have you heard of Mentimeter? If not, you're in for a treat this morning. It's an interactive platform to engage an audience with trivia, quizzes and other team activities. There is a free version if you want to create an activity yourself or you can reach out to your Wellness Coordinator anytime to host an activity for your employees.
- First, let's get familiar with logging into the game as there are many options to choose from. You can use the QR code to access from your phone, use the link in the chat or go to [Mentimeter.com](https://www.mentimeter.com) and add the code from this slide.
- **Slide 2:** The first activity is answering this question: What brings you joy? If you're comfortable, type into Mentimeter the things you're grateful for and what brings you joy.
- **Slide 3:** Hopefully, we're all feeling the love. Let's take a moment to connect and bask in those feelings that came up for you. Joy is one of the six innate emotions that we are born with, and it competes with sadness, surprise, anger, fear and disgust. Therefore, using breathwork to intentionally pause to recognize and enjoy the feelings of joy allows us to bring more of it into our lives. This feature provides a wonderful and easy way to offer your team a guided calm break during a meeting or whenever you want to schedule a break.
- **Slide 4:** Now that your light is shining brightly, let's tap into your brilliance next. This word scramble sure scrambles the mind! You will type in your answer for each scrambled word, and you will only get one try. Let's see what happens!
 1. **Slide 5:** Fitness
 2. **Slide 6:** Physical Activity
 3. **Slide 7:** Relaxation
 4. **Slide 8:** Health
 5. **Slide 9:** Walking
 6. **Slide 10:** Wellness
 7. **Slide 11:** Healthy Eating
 8. **Slide 12:** Meditation
 9. **Slide 13:** Yoga
 10. **Slide 14:** Exercise
 11. **Slide 15:** Nutrition

- 12. [Slide 16](#): Strength
- 13. [Slide 17](#): Sleep
- 14. [Slide 18](#): Flexibility

WFHTN Quarterly Activity List

- It's incredible how quickly time flies, and just a few days ago, we found ourselves in [Quarter 2](#). Can you believe it? We have a lot going on this month, so let's dig in to find activities we hope your co-workers will enjoy.
- **October 2022 Suggestions**
 - Here are some suggestions for October.
 - Share information on:
 - Enjoying the fall foliage by visiting one of a thousand [greenways](#) across the state.
 - [How to Understand and Use the Nutrition Facts Label](#) in honor of Health Literacy Month.
 - [Seven Ways to Be Safe and Healthy this Halloween](#).
 - Activities to get involved in:
 - Invite employees to attend the Bone and Joint Health webinar on [Thursday, Oct. 13 from 1–1:30 p.m. CT](#).
 - There are plenty of local items to pick up this month. Encourage co-workers to send in a photo ([with permission](#)) of their [Pick Tennessee Products](#). *Five participants chosen at random will win a prize!*
 - Recipes are a popular request and October is National Cookbook Month. A fun way to engage your co-workers is to host a virtual recipe swap. Encourage them to take one of their classics and add a healthier twist. Recipes can be collected [via this form](#). Your Wellness Coordinator is happy to assist with sharing the information.
 - October is Breast Cancer Awareness Month and you're probably seeing pink everywhere. Why not join the fun and encourage employees to send in photos ([with permission](#)) showing off their pink? We'd love to share these photos on our social media!
 - All-agency Challenge
 - Invite your co-workers to sign up for the [Shred Your Stress Challenge. It runs](#) Oct. 17-28. This is a two-week challenge with daily activities that is sure to bring balance back into your life. Five participants will be chosen at random to win a prize!
- Have you had a chance to check out the [Quarter 2 \(Oct.–Dec.\) Activity List](#)? Please don't hesitate to reach out to your Wellness Coordinator if there's something your Wellness Council would like to make happen. If you're pressed for time this quarter and don't have the bandwidth to see it through, your Wellness Coordinator would be delighted to assist, manage and create an activity; you name it!

What's New?

- **Wellness Events**
 - We hope you have an Outstanding October. Grab our October daily wellness calendar and see our virtual events on our Wellness Events page under the Activities

& Challenges drop-down menu: <https://www.tn.gov/wfhtn/challenges/wellness-events.html>

- **WFHTN YouTube Videos**
 - We have a new video on our YouTube channel. If you're ever anxious or if your mind is too active, [try the 5-4-3-2-1 grounding technique](#). In less than two minutes, Morgan walks you through this easy mindfulness practice that you can do on your own when you have anxiety. While you're there, please go ahead and subscribe to our YouTube channel, so you never miss a new video! It's at youtube.com/tnsitechampions. This is great information to share with your co-workers.

Wellness Council Spotlight

- **Better Breakfast Month**
 - There were 148 participants from 21 agencies that participated in Better Breakfast Month activities. Participants completed the crossword and/or submitted a photo of a healthy breakfast for a chance to win a prize. It was fun and engaging for those who participated!
 - Crossword winners: Venus Singleton – Children's Services, Gina Brawley - Finance and Administration, Rachael Hagan – Labor and Workforce Development, Ashley Hyde – Revenue, and Susan Taylor – Safety and Homeland Security.
 - Breakfast Photo winners include Theresa Beckley – Transportation, Rebecca Fields-Santin – Human Services, Kayla Newsom – Revenue, Kelly James – Revenue, and Britlyn Duncan – Education.
- **Correction**
 - The Department of Correction had their first round of an ongoing Up Your Fitness Challenge. This grueling three-part timed test consists of one minute each for push-ups, sit-ups and step-up tests, with a one-minute rest in-between. Strict rules must be followed for the results to count.
 - The push-up test is the strictest of the three. The participant can choose between a modified or regular push-up position and must keep a flat back (like a plank) and lower to 4 ½ inches from the ground for it to count. There is no rest during this test; the second you pause or lose proper form; the test is over. A one-minute rest follows.
 - The sit-up test requires the hands to remain on the head. A proper sit-up is when the elbows touch the knees and upon lowering at least to the tips of your shoulder blades. The test is over if the hands leave the head or the butt lifts off the ground. A one-minute rest follows.
 - The most difficult of the three is the step-up test which measures endurance. The step-up must be a minimum of 17 inches off the ground. Both feet must be on the platform and then on the floor to count.
 - The photo here is Charnette Blackmon. Look at her! She's not even breaking a sweat. I don't know about you, but when I first saw this photo, I jumped out of my chair and started to move. I was so inspired.
- **Children's Services**
 - The Department of Children's Services hosted a Fall Photo Contest where employees were invited to send in their best autumn-inspired snapshots!

- Contest categories included: FALL IN LOVE (Anything autumn you love) AUTUMN LEAVES & FALL BREEZE (Fall foliage or landscapes) PUMPKIN SPICE & EVERYTHING NICE (Homemade fall foods) PICK OF THE PATCH (Cute kids and/or pets)
- Pictured: Contest Winners - AUTUMN LEAVES & FALL BREEZE -- Sara Haun; FALL IN LOVE – Teresa Grey; PICK OF THE PATCH - LaToya Todd
- **Commission on Aging & Disability**
 - The Commission on Aging and Disability’s Wellness Council celebrated National Public Lands Day and got some exercise alongside Tennessee State Park rangers at Bicentennial Capitol Mall State Park. This was a volunteer opportunity open to everyone and during this service day they focused on cleaning up trash around the park.
- **Revenue**
 - Revenue hosted a Yoga Pose Photo Challenge in honor of National Yoga Month! They promoted the on-demand video resources from Working for a Healthier Tennessee, as well as our live virtual yoga classes. Employees were asked to send in a photo doing their favorite yoga pose to be entered into a drawing for a Working for a Healthier Tennessee duffle bag. Pictured: The outcome of a little bit of encouragement to Revenue leaders and staff, including Commissioner Gerregano!
- **Education**
 - The Department of Education invited employees to boost their personal well-being and take time for themselves by joining their Wellness Council in [reading every day for a week!](#)
 - Pictured: Some of the books on participants’ reading lists.
- **Transportation**
 - The Department of Transportation held a “Flower Photo Contest”! They included categories for Best in Show, Best Color(s), Best Grouping and Best Wildflowers. They had 45 entries and 55 votes! Here are the winners, and there was even a three-way tie for the Best Color(s) category!
- **Health, Education and Correction**
 - Thanks to the Departments of Health, Education and Correction for inviting us to be a part of their in-person gatherings. We’ve been seeing more first-time gatherings happen since the start of the pandemic.
 - Wellness Coordinator Lindsey presented on self-care to the Department of Health’s Annual Tennessee Women, Infants and Children Field Staff Meeting and participated in the Department of Education’s Statewide School Health Advisory Council Meeting.
 - Kayla, Assistant Director of Population Health, led a wellness activity during the Tennessee Correctional Association conference last month.
 - Pictured: [LEFT] Health’s healthy snacks spread! [RIGHT] Conference wellness break for Correction employees.
- **Working for a Healthier Tennessee**
 - Last week our team was able to come together in-person and spread some cheer around the Tennessee Tower!
 - Pictured is Wellness Coordinator Morgan handing out swag to a General Services employee alongside their department’s Wellness Council Chair, Julie Hannah.
 - As more and more in-person gatherings continue to happen, you can reach out to your Wellness Coordinator to see if she is available to attend and/or assist!

Upcoming Schedule

- **November Wellness Council Webinar**
 - Thursday, Nov. 3 from 9-9:45 a.m. CT
- **Quarter 2 Activities (October-December)**
 - We invite you to use us to help you meet your desired achievement level this quarter. Your Wellness Coordinator can track your Wellness Council's efforts, as well as provide suggested strategies through the end of this calendar year. Please don't hesitate to reach out anytime.
- *For our full event list, please visit <https://www.tn.gov/wfhtn/challenges/wellness-events.html>.*

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? Feel free to add to the chat or unmute yourself.

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!