

WELLNESS COUNCIL WEBINAR

November 2021



[/WFHTN](#)



[@WFHTN](#)



[@WorkingForAHealthierTN](#)



[/TNSiteChampions](#)

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Wellness Whiz Quiz
Quarterly Activity List
Self-Care During the Holidays
Now Available
Wellness Council Spotlight
November Health Observances
Upcoming Schedule
Sharing
WFHTN "Team Talk" (*optional*)

Wellness Whiz Quiz

Congratulations to our October 2021 Wellness Whiz:

CHRISTINA LOVARI
Department of Commerce & Insurance



WFHTN Wellness Whiz Quiz

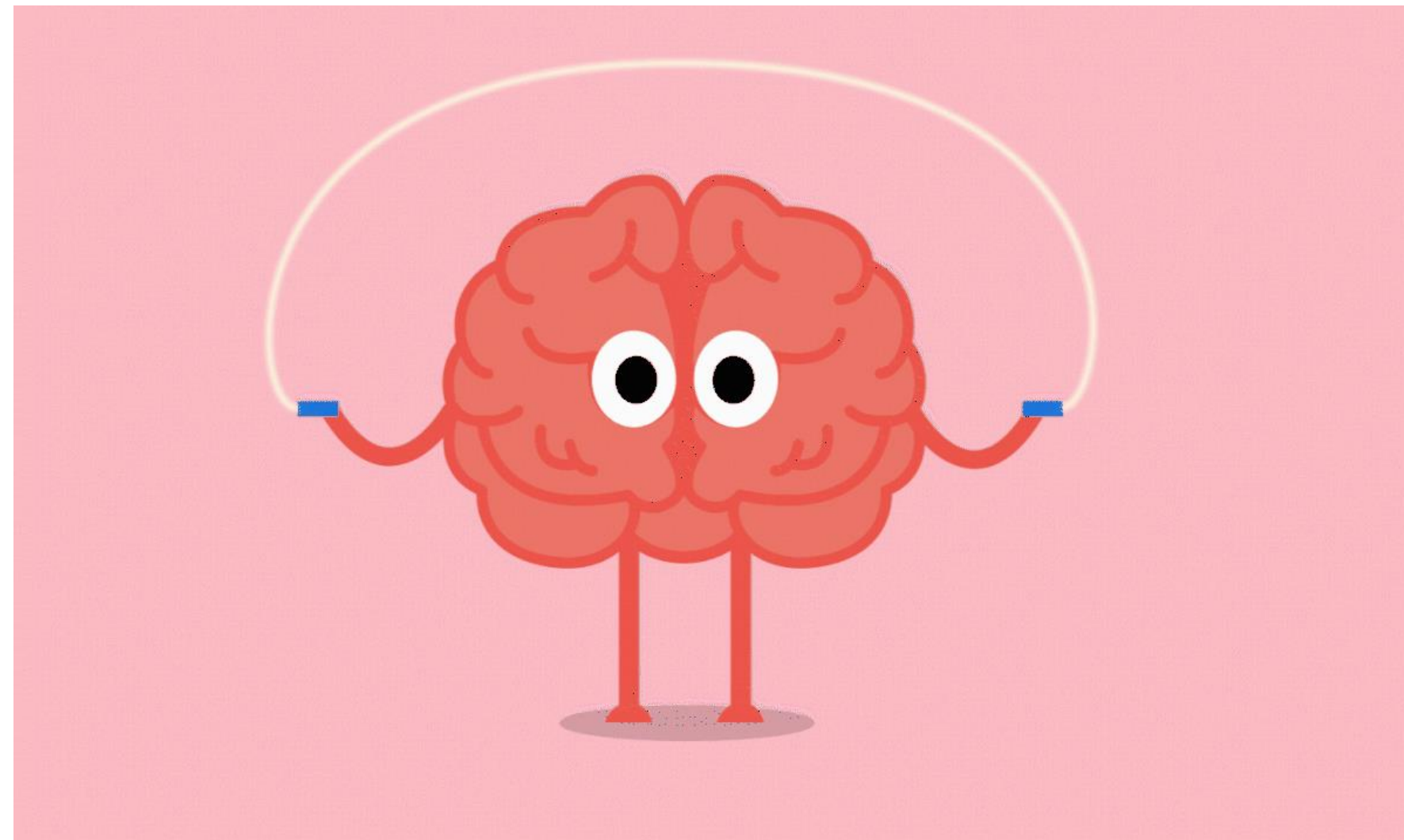
The Rules

The first Wellness Council representative to get three out of the four answers correct using the chat feature will be crowned this month's "Wellness Whiz."

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

Please type out the complete answer.

WFHTN Wellness Whiz Quiz



Wellness Whiz Quiz

Question #1

What is one of Wellness Coordinator Lindsey's favorite TV shows?

Friends
New Girl
Parks & Rec



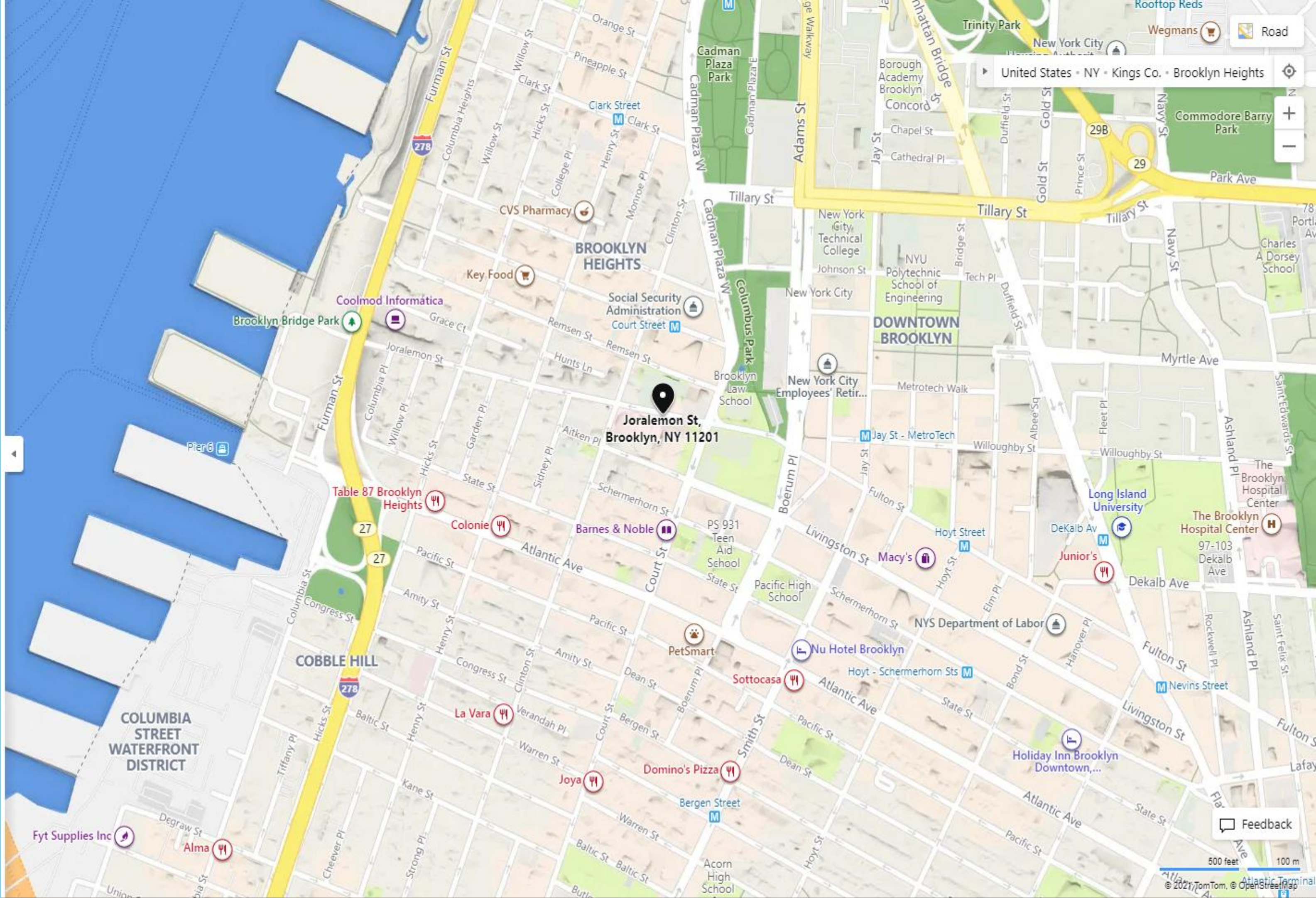


Wellness Whiz Quiz

Question #2

True or False: JJ's family has a street named after them in Brooklyn, New York.





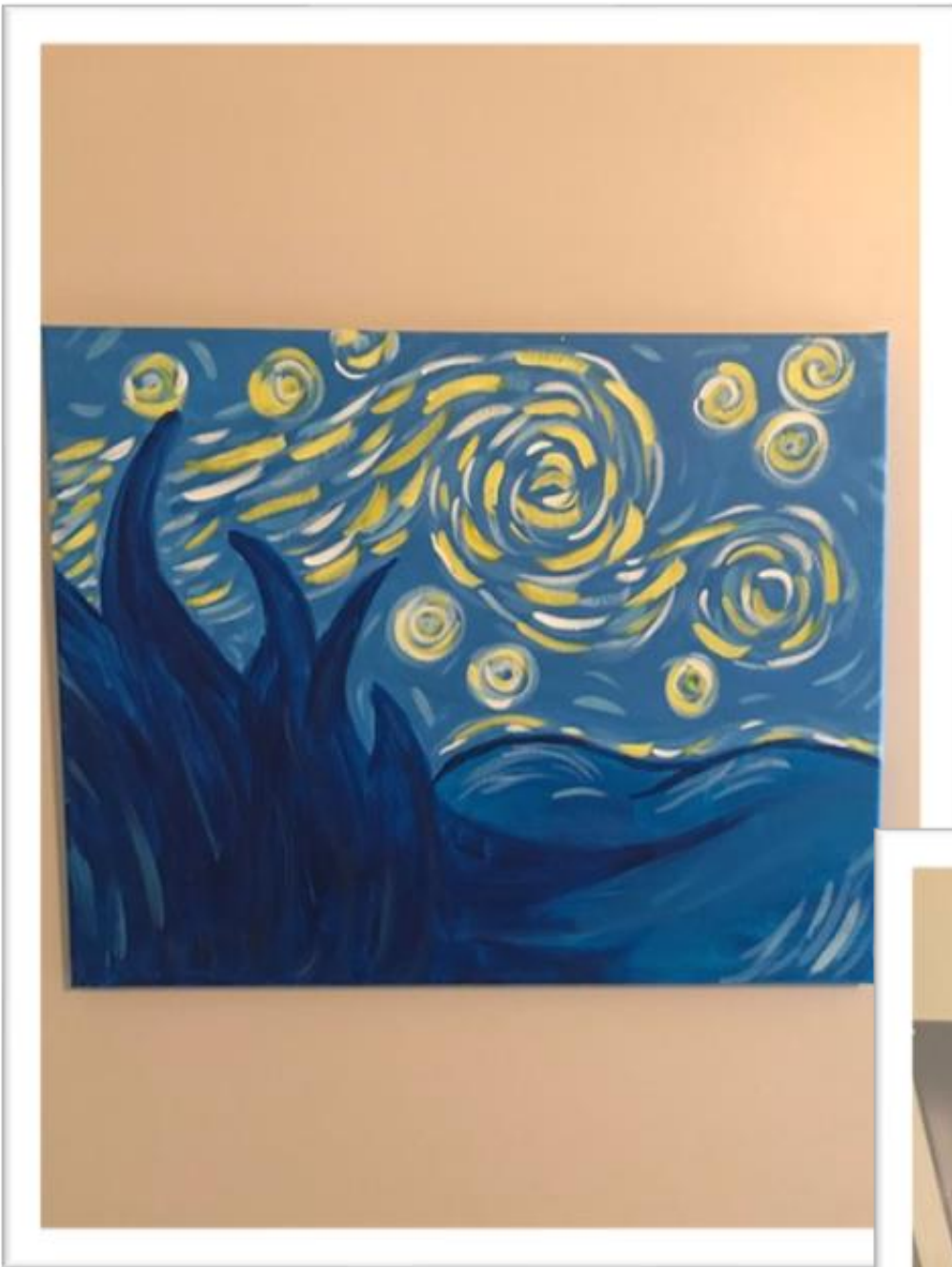
Wellness Whiz Quiz

Question #3

What is one of Wellness Coordinator Morgan's hobbies?

- Canvas painting
- Sewing
- Playing cello





Wellness Whiz Quiz

Question #4

Wellness Coordinator Kayla recently went ___ in St. John.

Shark diving
Snorkeling
Parasailing

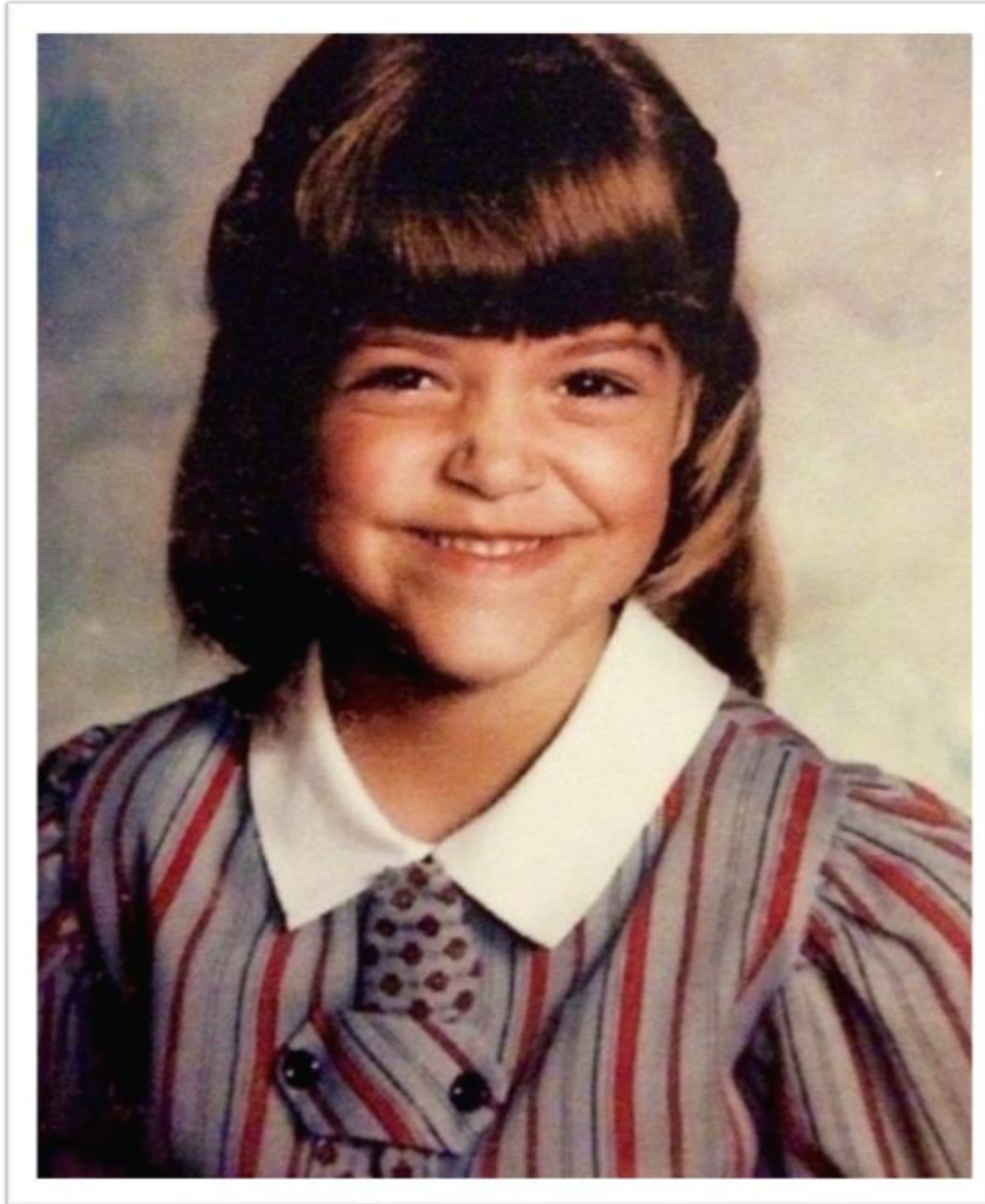




Wellness Whiz Quiz

Tie Breaker

True or False: Natalie moved around a lot as a kid because her Dad was in the military.



WFHTN Quarterly Activity List

Friendly Reminders

Fiscal Year 2022




July 2021 – June 2022



Q1	Q2	Q3	Q4
July Aug Sept	Oct Nov Dec	Jan Feb March	April May June

November 2021 Suggestions

ACHIEVEMENT LEVEL GOALS

<u>Level</u>	<u>Communicate</u>	<u>Engage</u>	<u>Inspire Change</u>	<u>Focus Areas</u> (WC, PA, HE, WB)
 GOLD	1 activity	1 activity	1 activity	4
 SILVER	1 activity	1 activity	1 activity	3
 BRONZE	1 activity	1 activity	1 activity	2



November 2021 Suggestions

FOCUS AREA	COMMUNICATE	ENGAGE	INSPIRE CHANGE
WELLNESS COUNCIL	<ul style="list-style-type: none"> Share a Post-Activity/Webinar Survey after an activity or webinar 	<ul style="list-style-type: none"> Invite other agencies to participate in your activity, challenge or webinar. 	
PHYSICAL ACTIVITY	<ul style="list-style-type: none"> Share info about the #4Mind4Body webinar “Cold Weather Exercise & Stretching” on Wednesday, November 17 		<ul style="list-style-type: none"> Host a one-month Planksgiving Challenge. (Resource: How to do a Plank).
HEALTHY EATING		<ul style="list-style-type: none"> November 15 is “National Clean Out Your Fridge Day”! Share this infographic and encourage your co-workers to share pictures of their cleaning process. 	<ul style="list-style-type: none"> Host a one-week Food Journal Challenge. They can use a Hunger/Fullness Food Journal and/or an Emotion Food Journal. Participants can log their participation on this Google Form.
WELL-BEING	<ul style="list-style-type: none"> Share “Skin Care Basics” in honor of National Healthy Skin Month (November) 		<ul style="list-style-type: none"> Invite employees to test their knowledge with this short four-question Tobacco-Free Living Quiz.

November 2021 Suggestions

Webinar Topic Suggestions

- Holiday Survival Plan (WFHTN)
- Healthy Eating During the Holidays (WFHTN)
- Making the Holidays Happier (Here4TN)
- Tips for a healthy, stress-free holiday (AHM)
- The gift of better health (AHM)

Self-Care During the Holidays

Self-Care During the Holidays

Tips:

- Make time for you
- Build emotional intelligence
- Create healthy boundaries
- Focus on the present
- Don't force change
- Practice gratitude
- Consider closure
- Commit to growth



NOW AVAILABLE!

NEW!
NEW!
NEW!

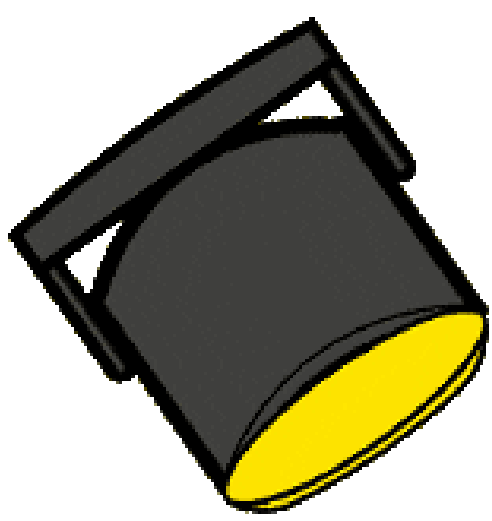
Now Available from WFHTN

- **Joy Jar (Team Building)** - An activity about focusing on the many joys in life.
- **Random Acts of Emotional Support Challenge (Tracker)** – A challenge all about showing others support.
- **Catch Some Rays Challenge (Tracker)** – In this challenge, the goal is to get outside for up to 15 minutes daily to soak up the health benefits of sunlight (vitamin D).



November Holidays & Health Observances

- [American Diabetes Month](#)
- [Lung Cancer Awareness Month](#)
- [National Alzheimer's Disease Awareness Month](#)
- [Great American Smokeout](#) (November 18)
- [World Diabetes Day](#) (November 14)
- [National Clean Out Your Refrigerator Day](#) (November 15)
- [National Take a Hike Day](#) (November 17)
- [National Family Health History Day](#) (November 25)



Wellness Council Spotlight

Move More Challenge



2021 Move More Challenge



DGS Wears Red



Department of General Services



Chopped

Labor & Workforce Development



And the winner is...



Samantha | Sarah | Sue

Roasted Sweet Potatoes | Tabbouleh | Cabbage Rolls

Pack Your Lunch Challenge

Department of Children's Services



PACK YOUR LUNCH CHALLENGE



SEPTEMBER 13-24, 2021

JOIN US IN PRACTICING HEALTHIER LUNCH HABITS IN THIS 2-WEEK CHALLENGE! THE GOAL IS SIMPLE - AIM TO PACK YOUR LUNCH EACH WORKDAY.

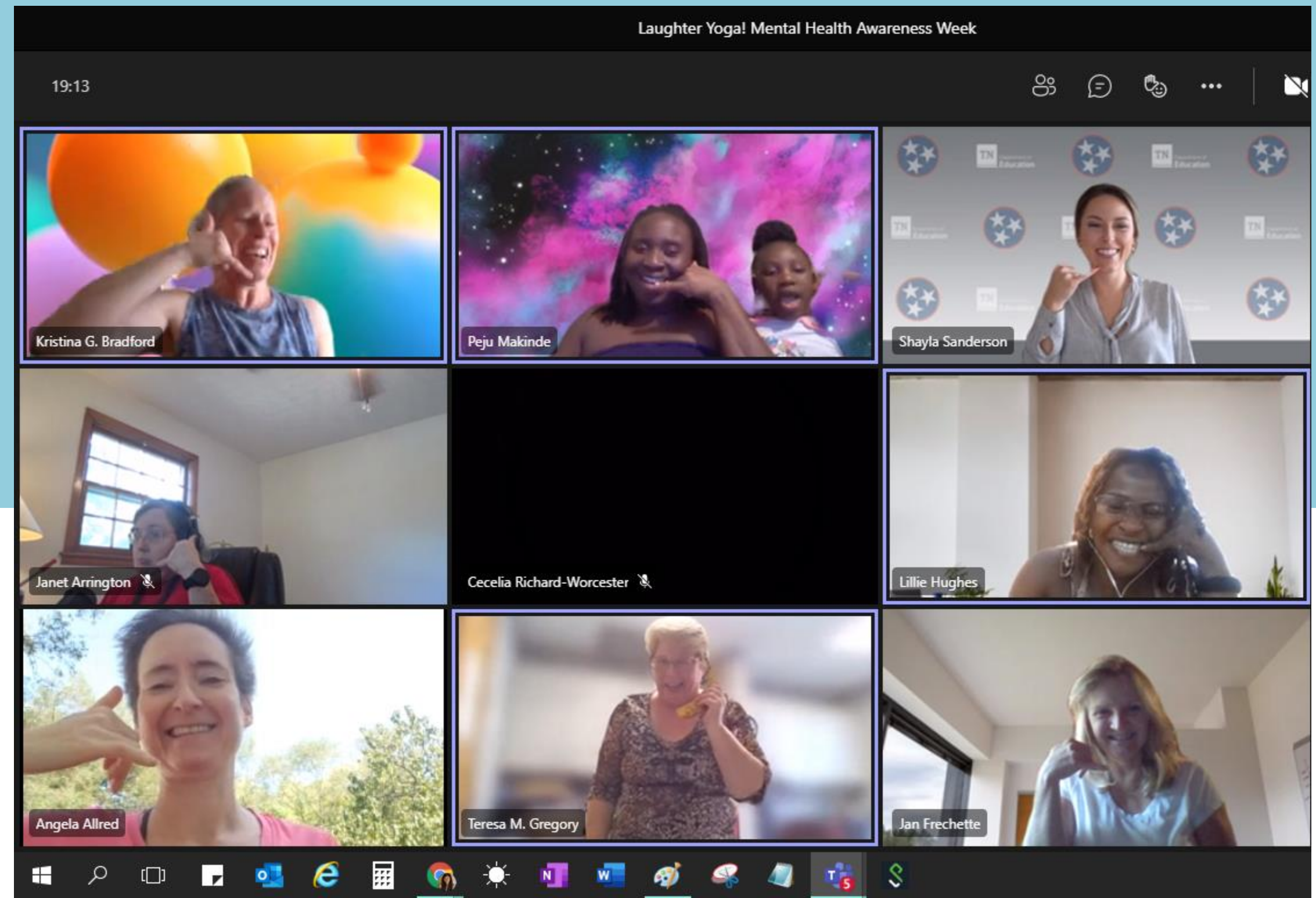
FIVE PRIZES FOR PARTICIPATING ARE UP FOR GRABS!

If you'd like to receive emails with challenge tips & reminders, please sign-up [HERE](#). (Note: You do not have to sign-up to participate in this challenge.)



Laughter Yoga






Department of Health



Be Well in October Challenge

Be Well with Us in October!



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 1					Wear PINK for <u>Breast Cancer Awareness</u> . Send photos to WFHT.TN@tn.gov .
October 4-8	Learn about <u>gut health and your microbiome</u> .	Are you <u>financially fit</u> ? Make a <u>budget!</u> 	Join us for Yoga <u>12-12:15 p.m. Central</u> . (Password: yoga)	Did you know <u>Here4TN</u> offers resources and services to help you and your family?	Get active outdoors at a <u>corn or hay maze!</u>
October 11-15	How do you feel today? Track your daily emotions <u>HERE</u> . 	Test your knowledge with this four-question <u>Tobacco-Free Living Quiz</u> .	Join DHS for a <u>10-Minute Fitness Break</u> at 11 a.m. Central!	Join us for a <u>Mental Health Break</u> from 1-1:15 p.m. Central!	Join our <u>Behavioral Health & Wellness webinar</u> from 9-10 a.m. Central!
October 18-22	Learn some <u>Tips for Taking Care of Your Joints</u> .	Join us for <u>Seated Cardio & Core</u> at 9:30 a.m. Central!	Try one of our <u>healthier recipes</u> . 	Join DCS for a <u>Fitness Break</u> at 11 a.m. Central!	Take a break and try these <u>office exercises</u> . 
October	Do you have a <u>success story</u> to share? Email to WFHT.TN@tn.gov .	<u>Pick TN Products</u> (pumpkins, apples, etc.) 	Learn <u>How to Have a Healthier Halloween!</u>	Walk with the dead during our <u>virtual workout</u> from 1-1:15 p.m. Central.	HAPPY HALLOWEEN



Department of Revenue

Department of Correction



Wear PINK for Breast Cancer Awareness

Upcoming WFHTN Schedule

December Wellness Council Webinar

Thursday, December 2 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central

Quarter 2 Activity List

Due Friday, January 7



Your Updates!



Questions

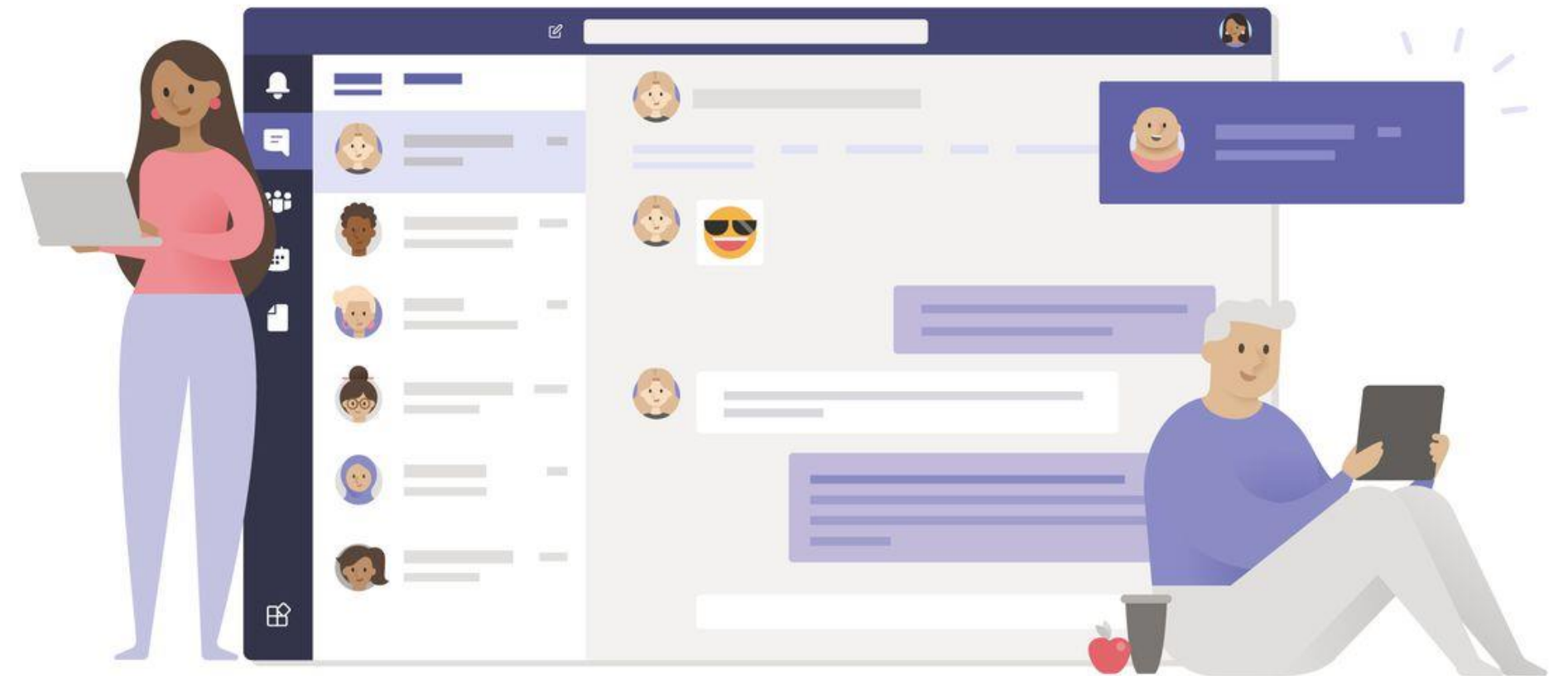


***Stay on for
“Team Talk”!***

WFHTN Team Talk

Today's Topic:

USING MICROSOFT TEAMS





Follow Us on Social Media!



[/WFHTN](#)



[@WFHTN](#)



[@WorkingForAHealthierTN](#)



[/TNSiteChampions](#)