

Wellness Council Webinar

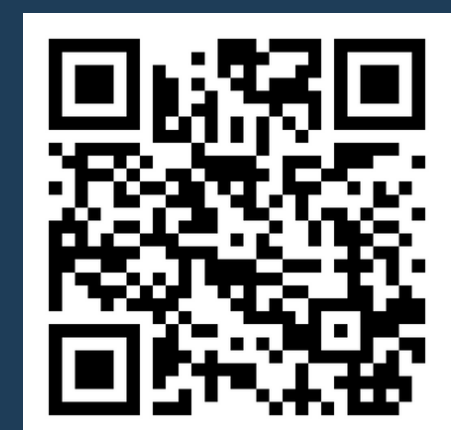
November 2023



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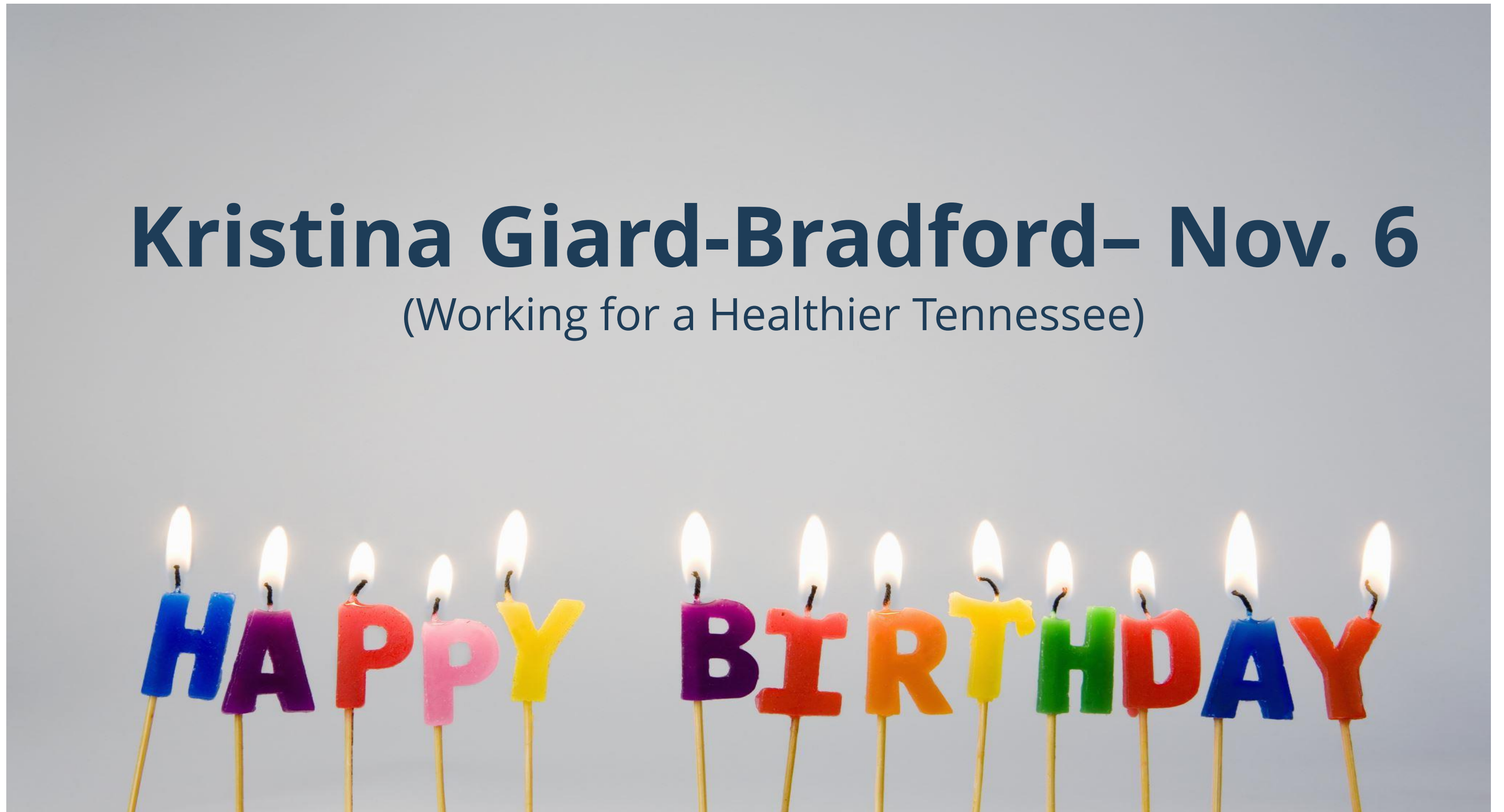
Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Moments of Wellness**
- **Quarterly Activity List**
- **What's New from WFHTN**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**

Celebrations

Kristina Giard-Bradford– Nov. 6
(Working for a Healthier Tennessee)



What are you celebrating? Let us know in the chat!

Celebrations!

Military

Anecia Monroe-Davis

Nathalie Elie

Human Services

LaRosa Parks

Tennessee Courts

Lisa Angel

Joette Giroux



Moments of Wellness

Physical Activity



- [5-minute Desk Workout](#)

Healthy Eating



- [Healthy Tips for Healthy Holiday Parties](#)
- [Mindful Eating Meditation](#)

Well-being



- [Three-Minute Breathing Space](#)

Quarterly Activity List

November Activities & Info

- Share:
 - World Diabetes Day (Nov. 14) handout
 - How to Help Someone Quit Smoking in honor of the Great American Smokeout (Nov. 17)
 - Helpful Tips for Healthy Holiday Parties

- In honor of Nobody Trashes Tennessee's No Trash November, encourage employees to join a trash pickup and share photos with permission to WFHT.TN@tn.gov

November Challenge

Shred Your Stress

Nov. 6-17

Sign up for the challenge by

Friday, Nov. 3:

https://stateoftennessee.formstack.com/forms/wfhtn_shred_your_stress_challenge_signup

Five participants chosen at random will win a prize!



<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

November Challenge

Planksgiving

Do planks and give thanks!

It's not too late to participate.

Grab the challenge tracker at
https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn_planksgiving_challenge_2023.pdf.







What's New?

November Wellness Calendar



Nurturing November



| Week | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|--|---|--|--|
| November 1-3 | <p>Please note: All times listed are in the Central time zone.</p> | | <p>Take a 10-minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)</p> | <p>Join a Meditation Break with the TDH from 11:15-11:30 a.m. (Calendar invite)</p> | <p>Sign up to Shred Your Stress by Nov. 3. This challenge runs from Nov. 6-17.</p> |
| November 6-10 | <p>Try a new recipe this holiday season with this Healthy Sweet Potato Casserole.</p> | <p>Move with us during our Dance Break from 12-12:15 p.m. (Calendar invite)</p> | <p>Join the 4Mind4Body webinar: Relationships & Money from 11:30 a.m. – 12:30 p.m. (Register)</p> | <p>Take a 5-minute break to think about what you are grateful for.</p> | <p> Veterans Day holiday observed</p> |
| November 13-17 | <p>Get tips for managing GERD (Gastroesophageal reflux disease).</p> | <p>Learn how to have Healthier Holidays from 12-12:30 p.m. (Calendar invite)</p> | <p>Give your mind a break by joining this live, virtual meditation break from 11:30 a.m. – 12 p.m. (Calendar invite)</p> | <p>Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)</p> | <p>National Take a Hike Day! Enjoy the fall foliage by getting active on one of the greenways and trails across the state.</p> |
| November 20-24 | <p>Stretch it out with Yoga for All from 12-12:15 p.m. (Calendar invite)</p> | <p>Celebrate the Great American Smokeout by learning some tips on how to quit. </p> | <p>When you feel you can't do something, add the word "yet".</p> | <p><i>Happy Thanksgiving</i></p> | <p>Take a hike with TN State Parks. Send your photo(s) with permission to WFHT.TN@tn.gov by Dec. 1 for a chance to win a prize!</p> |
| November 27-30 | <p>Warm up with this delicious Creamy Chicken and Mushroom Soup.</p> | <p>Get outside and observe the changes in nature around you.</p> | <p>Eat more dark green leafy vegetables with Easy Indian Creamed Spinach (Saag).</p> | <p> Check out our YouTube page! </p> | |

Swag Inventory Survey



https://stateoftennessee.formstack.com/forms/wfhtn_prize_inventory

Wellness Council Spotlights

Pick Tennessee Products Photo Contest

Pick Tennessee Products Photo Contest: Winners



Pumpkin Patch
Kelly Wood
Department of Human Services



Homegrown Harvest
Kendra Gipson
Department of Finance & Administration

Pick Tennessee Products Photo Contest

Pick Tennessee Products Photo Contest: Winners



Farmers Market
Theresa Bridges
Department of Intellectual & Developmental Disabilities



Fall Recipe
Tammy Driver
Department of Health

Breast Cancer Awareness



Breast Cancer Awareness General Services



October Bike Ride Challenge

Labor and Workforce Development



Staff Retreat

Labor and Workforce Development



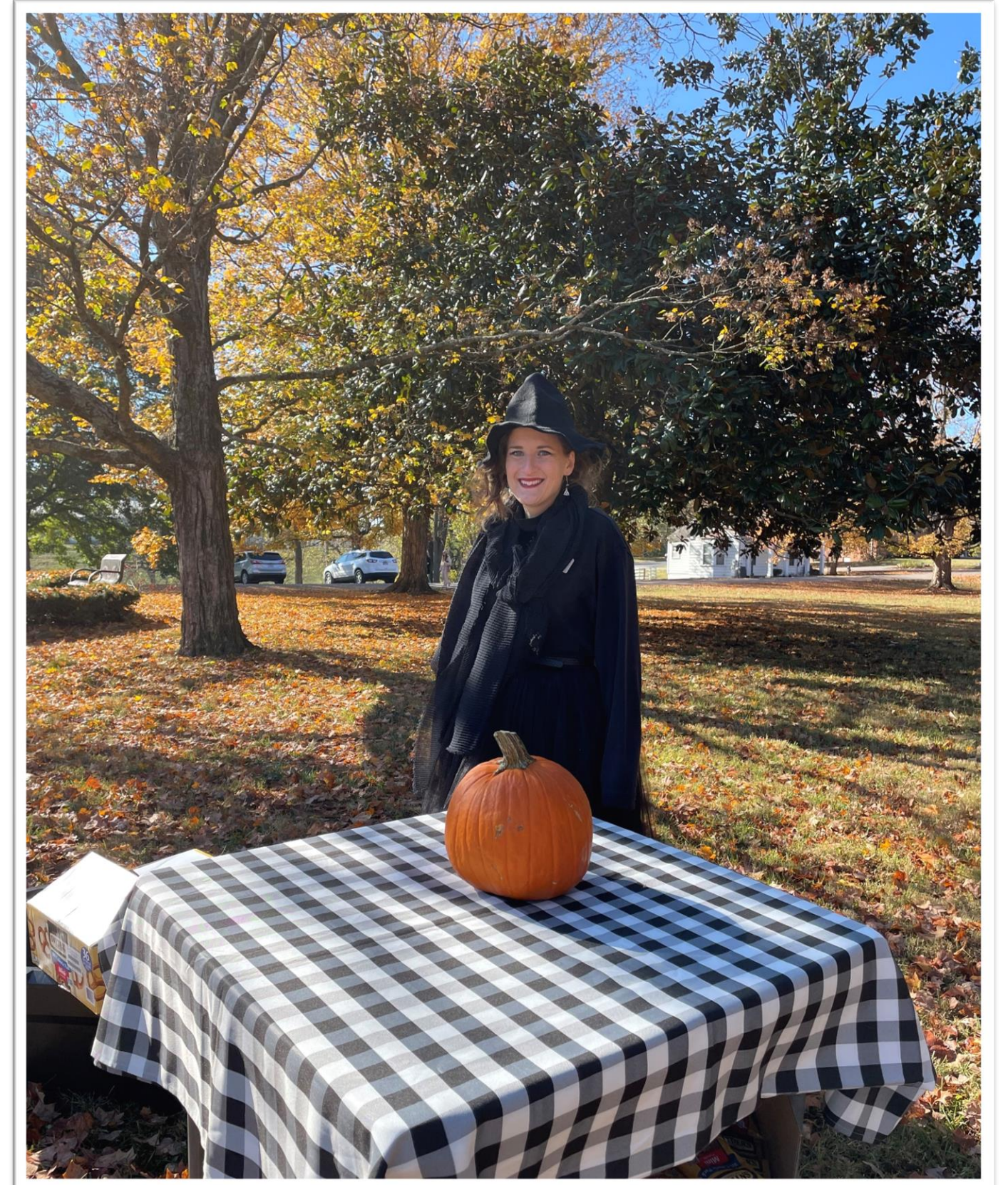
Diversity Fair

Transportation

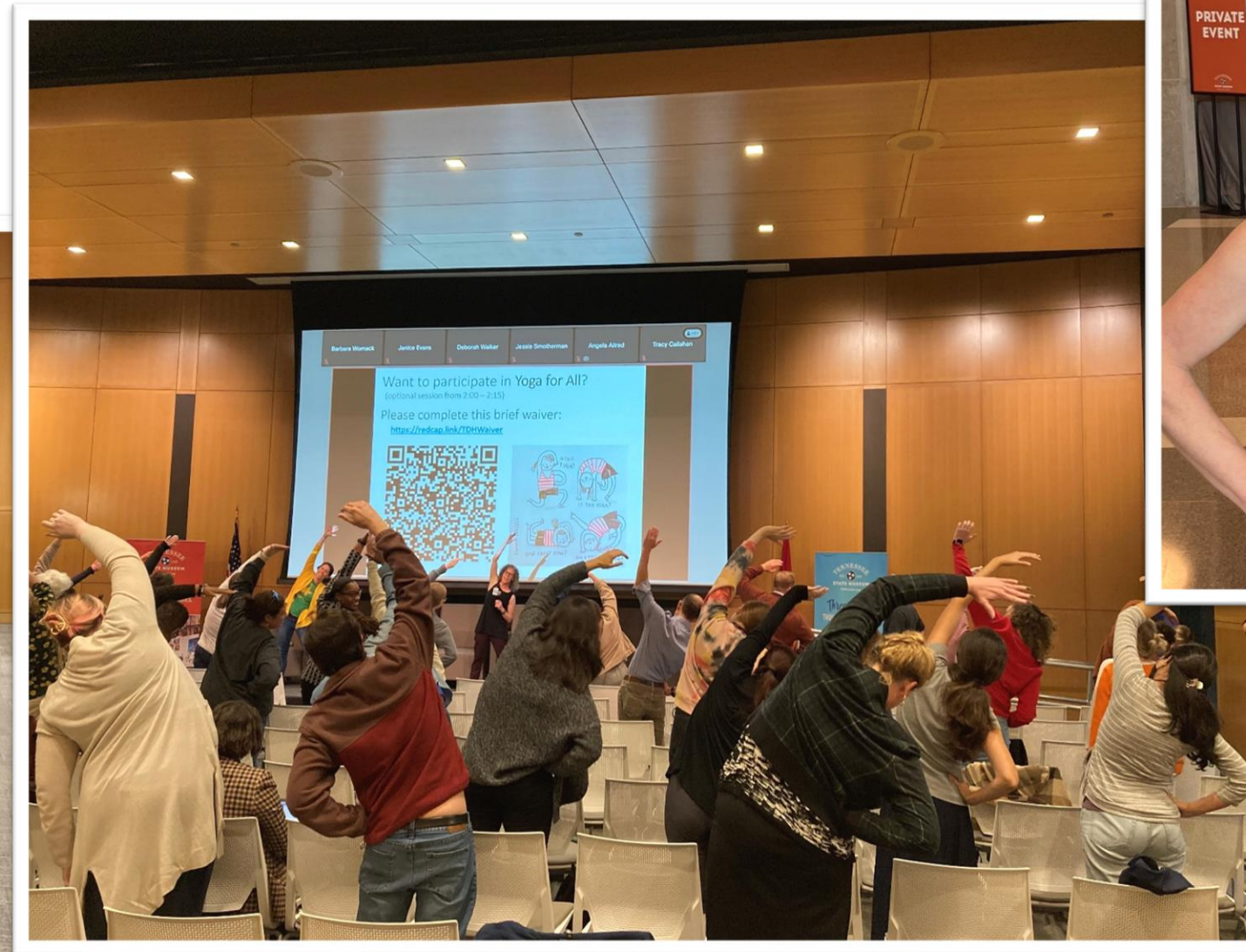


Halloween Wellness Walk

Agriculture



Yoga for All Health



Speed Networking Health



Happy Retirement!

Tennessee Courts





Upcoming Schedule

December Wellness Council Webinar

On-demand!

January Wellness Council Webinar

Thursday, Jan. 11 from 9-9:45 a.m. CT

Quarter 2 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

For our full virtual event list, please visit

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates



WHAT'S
GOING
ON?

Questions





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