

WFHTN Wellness Council Webinar Notes April 1, 2021

Welcome

- Hello everyone! Thank you for joining our April 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:
 - Fun Fact Challenge
 - 2021 Wellness Warriors Award
 - Wellness Council Spotlight
 - April Health Observances
 - Upcoming WFHTN Schedule
 - Sharing
 - Let's Tell a Story!
 - (Optional) WFHTN "Team Talk"

Fun Fact Challenge

- Congratulations to our April Fun Fact Challenge winner, Kristina Giard-Bradford from Department of Health!
- First, here's a reminder on how our Fun Fact Challenge 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 Fun Fact Champion.
 - In the event of a tie, a fourth question will be used as a tie breaker.
 - Please type out the complete answer – These are all true or false, so T and F will not count.
 - Using the chat feature, let me know who's ready to play our March Fun Fact Challenge!?
- 1. **FILL IN THE BLANK. Enjoy more fruits by adding them to _____.**
 - **Dishes.** (From our WFHTN Monthly Handout on "Create a Healthier Plate.")
- 2. **True or False. What you do in the hours before bed can rob you of sleep.**
 - **TRUE.** (From a Sleep Video featured on Here4TN.)
- 3. **FILL IN THE BLANK. _____ is "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile."**
 - **HAPPINESS.** (According to the 2007 book "The How of Happiness.")
- 4. **TIE BREAKER: COMPLETE THIS SENTENCE: With _____ you'll get access to: Daily mood tracking, Coping tools, Guided journeys, Personalized progress and Community support**
 - **Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Connect with powerful tools that are there for you right as symptoms come up. The premium Sanvello app is available to you at no extra cost as part of your benefits.** (Here4TN Scavenger Hunt)

2021 Wellness Warriors Award: Quarterly Checklist and Tournament

- Quarterly Checklists are done for this Fiscal Year!
- Many of you are in the running to win our 2021 Wellness Warriors Award and you should be so proud of all your accomplishments thus far.
- Remember, there will be a Wellness Warriors Award for EACH division (A, B, C).

Tournament for the Wellness Warriors Award

- Eligible departments will be notified by their WFHTN Regional Wellness Coordinator on April 12th.
- The tournament will take place from May 10th through the 14th.
 - Daily challenges and all other related tournament information will be given to eligible departments two weeks prior to tournament (April 26th).
- We will have optional WFHTN 2021 Tournament Q&A Webinars on April 27th at 10 a.m. and April 28th at 12 p.m. Central. We will share calendar invites closer to those dates for those who would like to attend.

April 2021 Activity Planner

- We are in a new (and the final) quarter of this fiscal year – Q4 April-June. Today I'll highlight a few activities suggested on the April Activity Planner, but remember that April, May and June Activity Planners are ALL available on our website, under the 'Activity Planner Progress' tab.
 - **Earth Day (Thursday, April 22)**
 - Share this 2:30 video from the Food and Drug Administration (FDA) for [Tips on Reducing Food Waste](#) [5 points]
 - Encourage your co-workers to share their pictures and/or stories on how they're reducing food waste with WFHTN by emailing WFHT.TN@tn.gov [15 points]
 - Get active outdoors by visiting one of the many TN [Greenways, Trails](#) or [State Parks](#)! Share your photo(s) with us at <mailto:WFHT.TN@tn.gov>. [30 points]
 - In recognition of [Stress Awareness Month](#) and National Humor Month (April), start a "funny train" by sending a laugh (joke, meme, video, etc.) to a co-worker. Ask your co-worker to keep the "funny train" going by forwarding their own hilarious pick to another co-worker. Share your funnies with WFHT.TN@tn.gov by cc'ing or forwarding them to us.
- As always, these activities are ideas for consideration. You absolutely can be creative and put your own spin on an idea or think of something else new to best fit your agency's needs.
 - WFHTN has lots of new challenges and activities over on our website, including:
 - Sound Sleep Challenge - Get practice with healthy sleep habits that can give you an optimal night's rest!
 - Mindful Meditations Challenge - Integrate meditations into your day to maintain productivity while also remaining calm and focused with the help of LinkedIn Learning.
 - Road to Wellness Challenge - Take a journey through six dimensions of wellness to achieve YOUR optimal health. The goal of this self-paced challenge is to focus on making healthy changes that YOU can maintain long-term.
 - Get Low Challenge - This challenge is designed to encourage employees to build strength in their quadriceps and hamstrings. The goal of this challenge is to complete the specified number of squats and lunges each day.
 - Flavor of the Week Challenge - Take on this challenge to try new-to-you foods and recipes to expand your personal palate and increase your opportunity to receive all the nutrients necessary for optimal health!

April Holidays & Health Observances

- [National Minority Health Month](#)
- [National Garden Month](#)
- [National Cancer Control Month](#)
- [Occupational Therapy Month](#)

- [Stress Awareness Month](#)
- [Sports Eye Safety Awareness Month](#)
- [Women's Eye Health and Safety Month](#)
- [National Public Health Week](#) (April 5-11, 2021)
- [World Immunization Week](#) (April 20-25, 2021)
- [World Health Day](#) (April 7, 2021)
- [Earth Day](#) (April 22, 2021)
- You can always access this National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/activity-planner-progress.html>

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- Department of Commerce & Insurance: Pet Photo Contest during their Happiness Fest
 - Pictured left to right: CUTIE PATOOTIE BURT, DRESSED TO IMPRESS DARWIN, SUPERMODEL FERGUS
- Department of Finance & Administration: March Madness Virtual Races
 - Participants challenged their cardiovascular fitness by walking or running in this “March Madness” tournament-inspired challenge.
- Department of Revenue: St. Patrick's Day Food Rainbows
 - In honor of the holiday, they asked employees to show them their food rainbows and send in photos in which they are enjoying at least two different colors of fruits or vegetables.
 - Pictured: Rebecca had shrimp fried rice with peas and carrots and a mandarin orange for dessert at lunch.
- Department of Safety & Homeland Security: Happiness Fest
 - 21 employees participated in the department's Happiness Fest
- Department of Intellectual & Developmental Disabilities: MyPlate Crossword Puzzle
 - Several employees from DIDD completed the MyPlate crossword puzzle for National Nutrition Month!
- March Trivia
 - Several employees from the Department of Mental Health & Substance Abuse Services joined together to play March-themed trivia on St. Patrick's Day. The Bureau of Worker's Compensation Jackson Office also joined together on another day to play some March-themed trivia.
- Create Your Plate
 - Both the Tennessee Bureau of Investigation and the Department of Environment & Conservation celebrated National Nutrition Month by having their Regional Wellness Coordinator (and Registered Dietitian) Morgan host multiple “Create Your Plate” webinars. During the webinar they talked about what a balanced meal looks like and examples of tasty, well-balanced meals.
- Keep up the great work and please continue to share all your successes and photos with us – including tagging us on your department's social media!

Upcoming WFHTN Schedule

- **April Activity Planner**
 - Due April 30th

- **Tournament for the Wellness Warriors Award**
 - April 12th: Notified if eligible
 - April 26th: Receive daily challenge information
 - April 27th & 28th: (Optional) WFHTN 2021 Tournament Q&A Webinars
 - Dates: May 10-14, 2021
- **May Wellness Council Webinar**
 - Thursday, May 6th @ 9-9:30 a.m. Central
 - 9:30-9:45 a.m. Central – WFHTN Team Talk!

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
 - Mental Health and Substance Abuse Services
 - Military
 - Revenue
 - Safety and Homeland Security
 - TBI
 - TennCare
 - TN Courts
 - Tourist Development
 - Transportation
 - Tricor
 - TWRA
 - Veterans Services

Let's Tell a Story!

- I have the list of "Words Needed" and the story
- The first person to chat the required word(s) is the word we'll go with!
- Once we've collected all the "Words Needed" we'll read the story aloud.
- NEXT SLIDE: Word References

- For example: If I say I need an ADJECTIVE.
- You might say: “Lumpy”

Words Needed:

1. **Adjective**
2. **Adjective**
3. **Noun**
4. **Noun**
5. **Plural Noun**
6. **Game**
7. **Plural Noun**
8. **Verb Ending in “ing”**
9. **Verb Ending in “ing”**
10. **Plural Noun**
11. **Verb Ending in “ing”**
12. **Noun**
13. **Plant**
14. **Part of the Body**
15. **Place**
16. **Verb Ending in “ing”**
17. **Adjective**
18. **Number**
19. **Plural Noun**

Story 1: Vacation Time!

A vacation is when you take a trip to some 1. _____ place with your 2. _____ family/friends. Often you go to a place that is near a/an 3. _____ or up on a/an 4. _____. A great vacation place is one where you can ride 5. _____ or play 6. _____ or go hunting for 7. _____. I like to spend my time 8. _____ or 9. _____. When adults go on a vacation, they spend their time eating three 10. _____ a day and the guys play darts and the ladies sit around 11. _____. Last summer, my friend fell in a/an 12. _____ and got poison 13. _____ all over his 14. _____. My family/friend group is going to go to (the) 15. _____, and I will practice 16. _____. Adults need vacations more than kids because adults are always very 17. _____ and because they have to work 18. _____ per day all year making enough 19. _____ to pay for vacation.

Questions

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

Remember, stick around for our “Team Talk” if you’d like! If you need to leave this meeting, thank you for attending today’s webinar!

Team Talk

- Welcome to our Working for a Healthier TN Team Talk!
- Again, this opportunity is optional, but can be a different way to connect with fellow Wellness Council members across agencies and brainstorm with one another.

- As you can see, we already have some topics thanks to your outreach to us. I will help facilitate the discussion and the WFHTN Team will chime in, of course. However, if you have other topics you'd like to bring up, please do! This is an open forum and we are here to help.
- Let's start with...
 - Wellness Council Member Engagement
 - [Wellness Council Recognition & Incentives](#)

Thank you for sticking around for our WFHTN Team Talk! We hope this was a good opportunity to bounce ideas off one another. As always, please reach out to your WFHTN Regional Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!