

Wellness Council Webinar

April 2024



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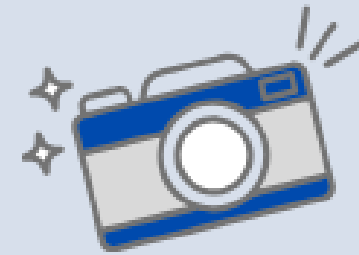
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Encouraging and enabling state employees to lead healthier lives

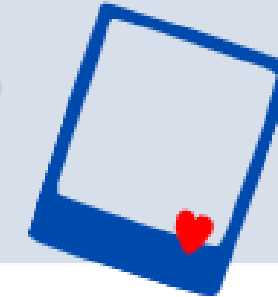
Today's Agenda

- **Employee Spirit Month Wrap-up**
- **Quarterly Activity List**
- **Breathing Practice**
- **What's New**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**

Employee Spirit Month



Wrap-up!



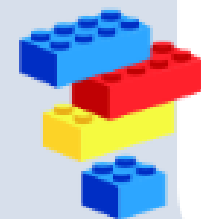
March 4-10
Healthy Eating Habits



March 11-17
Furry Friends



March 18-24
Sports Teams



March 25-31
Team Building

Seventy submissions from eight agencies!

Most popular theme: Furry Friends!

Most employee spirit: Leila Mitchell from Human Services!

Let's watch a wrap-up slideshow



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Quarterly Activity List

Q4 Activities

Don't forget this row if you're aiming for Gold Achievement Level!



Focus Area	Communicate	Engage	Inspire Change
(Applies to related focus area.)	Share: <ul style="list-style-type: none"> Information on any National Health Observance. WFHTN's scheduled activities, webinars and workouts. Resources and/or events from Here4TN or Partners for Health Wellness Program. 	<ul style="list-style-type: none"> Encourage employees to complete a short activity (crossword puzzle, word search, etc.). Host or promote and join a lunch 'n learn or webinar (live or recorded). Host or promote and join a virtual exercise or stretch break. 	<ul style="list-style-type: none"> Host or promote and join a team-building activity. Host or promote and join a well-being, physical activity, healthy eating or tobacco cessation challenge. Share an employee success story.
Wellness Council	Share: <ul style="list-style-type: none"> This Q4 Activity List with your wellness council members. A post-activity or presentation survey after an activity or webinar. 	<ul style="list-style-type: none"> Attend the monthly wellness council webinars on April 4, May 2 and June 6. Download calendar series. Recruit a new wellness council member. Invite other agencies to participate in your activity, challenge or webinar. 	<ul style="list-style-type: none"> Invite Working for a Healthier Tennessee to speak at your all-staff meeting. Speak about your Wellness Council at an all-staff meeting. Share event photos (with permission) to be shared on Facebook and Instagram.
Physical Activity	<ul style="list-style-type: none"> Tips and resources to help you get active. Get Out! 5 Benefits of Outdoor Exercise in recognition of Great Outdoors Month (June). 	<ul style="list-style-type: none"> 4Mind4Body event happening April 10. Promote and join us for a stretch break on Tuesday, June 25. 	<ul style="list-style-type: none"> During the month of May, schedule a walking meeting with a colleague and let us know by May 31.* Promote Sharecare's Level Up Steps Challenge happening May 1-31.
Healthy Eating	Share: <ul style="list-style-type: none"> These Eight Simple Steps for Good Health in recognition of Mediterranean Diet Month (May). Healthy recipes for National Take Back the Lunch Break Day (third Friday in June). 	<ul style="list-style-type: none"> Show off your homegrown fruits, veggies and/or herbs in honor of National Garden Month (April). Submit photos (with permission) to WFHT.TN@tn.gov by April 30.* Promote the Intuitive Eating 4Mind4Body webinar happening May 8. 	<ul style="list-style-type: none"> Try sneaking some more veggies into your meals. Share your delicious dishes using this form by April 30. Three participants chosen at random will win a prize! Complete this Fruits and Vegetables Crossword Puzzle in honor of National Fresh Fruits & Vegetables Month (June). Submit to WFHT.TN@tn.gov by June 28.*
Well-being	Share: <ul style="list-style-type: none"> Here4TN Financial Topic Center in honor of America Saves Week (April). Men's Health Month (June) handout. 	<ul style="list-style-type: none"> In honor of Earth Day (April 22), join a Nobody Trashes Tennessee clean up event near you. Send photos (with permission) to WFHT.TN@tn.gov.* Schedule a Laughter Yoga session with your team in honor of National Humor Month in April. Email us to request. Invite employees to join the Virtual Resource Showcase on Thursday, May 9. 	<ul style="list-style-type: none"> Promote Working for a Healthier Me in April.* Promote WFHTN's Wellness Week happening June 10-14.*

*Prizes are up for grabs!

April Activities & Info

Communicate

- [Here4TN Financial Topic Center](#) in honor of [America Saves Week](#) April 8-12.

Engage

- [Sneaky Food Demo](#) on Friday, April 5 from 12-12:30 p.m. CT.
- [Magic of Movement](#) 4Mind4Body webinar on April 10 from 11:30-12:30 p.m. CT.
- In honor of Earth Day (April 22), join a [Nobody Trashes Tennessee clean up event](#) near you. Send photos ([with permission](#)) to WFHT.TN@tn.gov.

Inspire Change

- Working for a Healthier Me Challenge taking place April 1-30.
Let us know how you're "**Working for a Healthier Me**" by Tuesday, April 30 for a chance to win a prize:
https://stateoftennessee.formstack.com/forms/working_for_a_healthier_me_submission_form

Breathing Practice



What's New?

Stay in the know!

Be Well @Work

- Be Well @Work monthly newsletter is sent directly from Working for a Healthier Tennessee to all Tennessee State Government employees on the first Tuesday of each month.
- Weekly newsletters archived at <https://www.tn.gov/wfhtn/archives.html>

April Wellness Calendar

		<h2>Get Active in April</h2>				
Week	Monday	Tuesday	Wednesday	Thursday	Friday	
April 1-5	Why shouldn't you tell ducks jokes on April Fools' Day ? They'll quack up.	Join us for a Dance Break from 12-12:15 p.m. (Calendar invite) 	Take a Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)	To plant a garden is to dream of tomorrow. – Audrey Hepburn 	Tip toe on over to the Sneaky Food Demo from 12-12:30 p.m. (Calendar invite)	
April 8-12 	Join Stretch & Destress from 12-12:15 p.m. (Calendar invite)	Talkspace is your space. It's private, confidential, convenient, and it's included as part of your behavioral health benefits.	Join Sharecare for The Magic of Movement from 11:30-12:30 p.m. Register	Join a Mindfulness Break with TDH from 11:15-11:30 a.m. (Calendar invite)	Let us know how you're "Working for a Healthier Me" by April 30 for a chance to win a prize!	
April 15-19	Are you familiar with the Partners for Health wellness program ? Learn if you're eligible to earn an incentive.	Dinner for one? No problem! Enjoy fine dining with a Mediterranean Pasta Salad.	Give your mind a break at Mindfulness with Nat from 11:30 a.m. – 12 p.m. (Calendar invite)	Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Try Tofu Stir Fry during National Soy Foods Month.	
April 22-26 	In honor of Earth Day join a Nobody Trashes Tennessee clean-up event near you. Send photos to WFHT.TN@tn.gov .	I don't trust anyone that doesn't laugh. – Maya Angelou 	Give Virtual Laughter Yoga a try from 12-12:20 p.m. Limited to the first 15 employees that register!	Happy Zucchini Bread Day! Try these Oatmeal Zucchini Muffins. 	Find support near you with the Optum Health Community Connector!	
April 29-30	Check out these free on-demand workouts.	Submit your photos for National Garden Month to WFHT.TN@tn.gov by today for a chance to win a prize! 	  Check us out on YouTube!	<p>Please note: All times listed are in the Central time zone.</p>		

Annual Celebration!

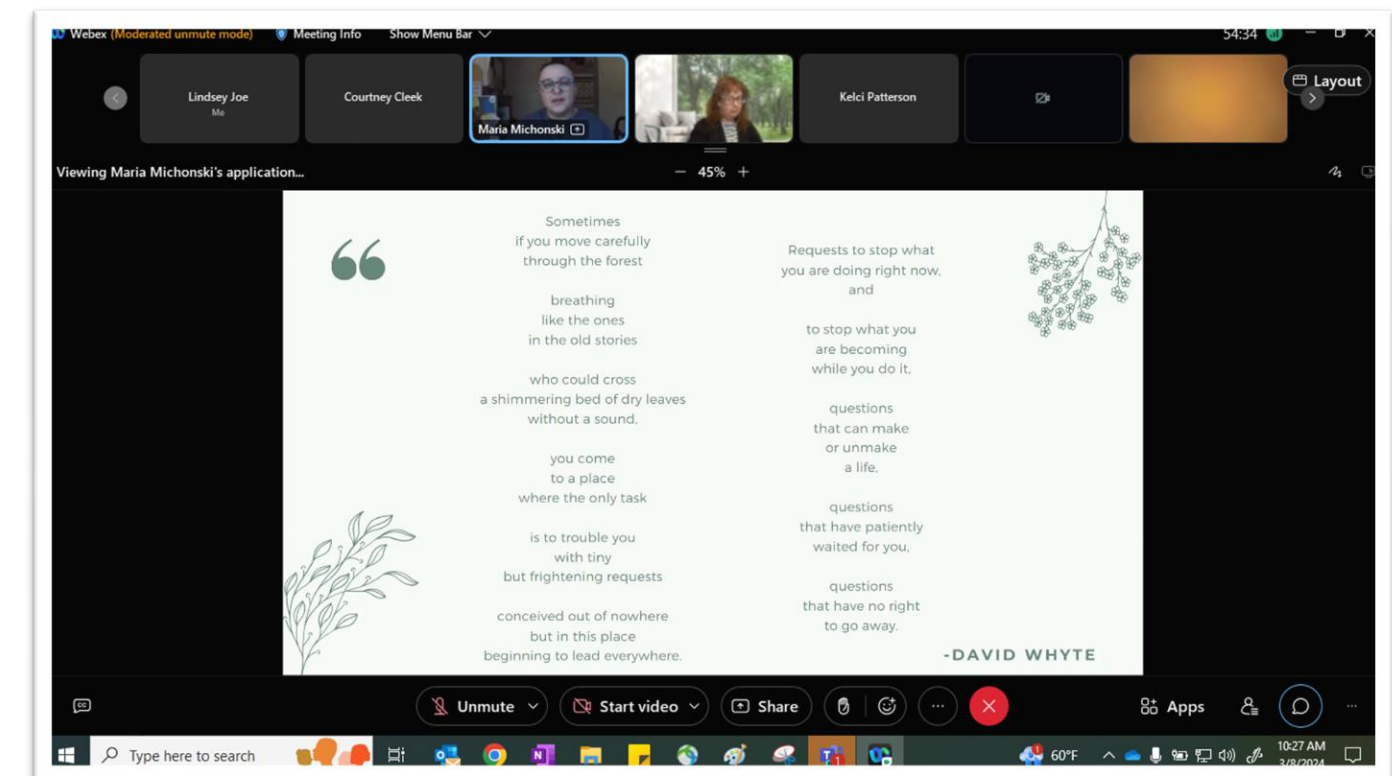
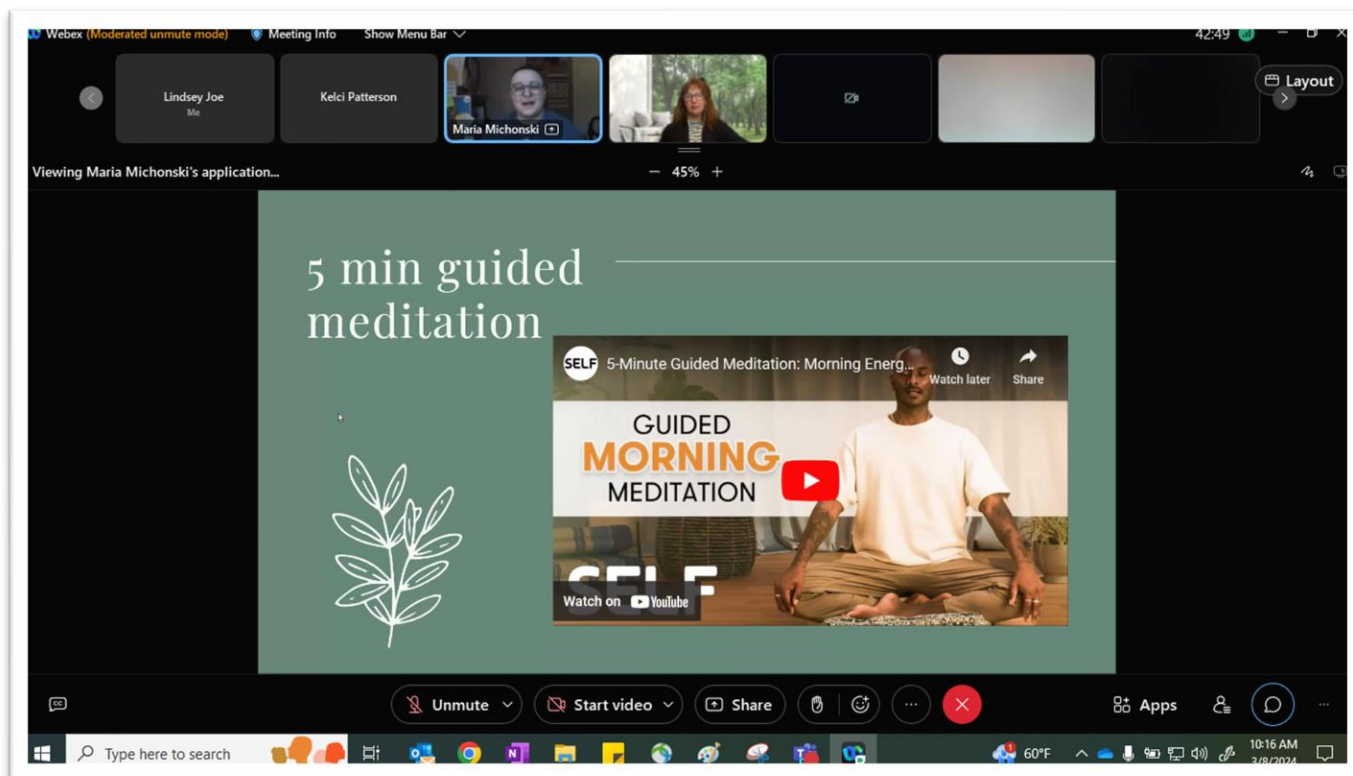
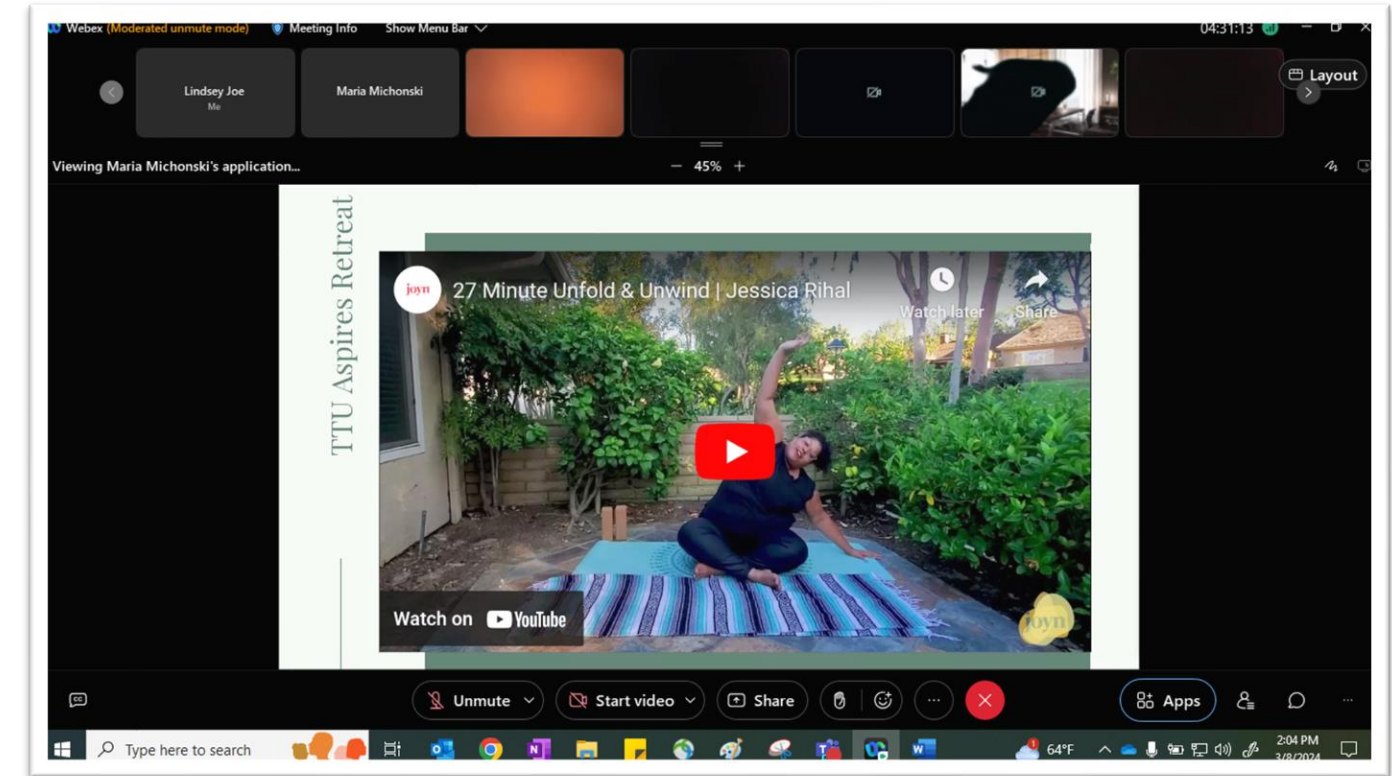
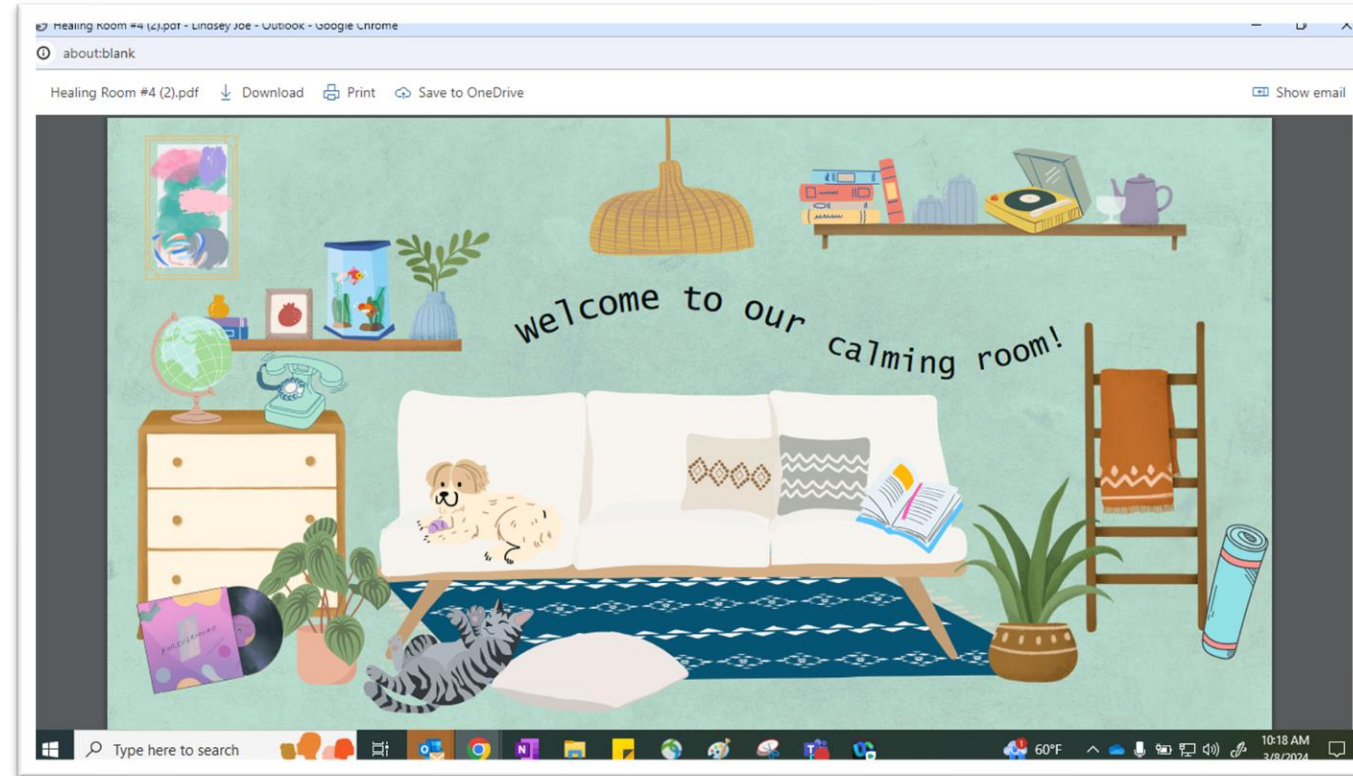
- **When:** July 24
- **Where:** Tennessee Tower in downtown Nashville
- **Why:** To celebrate and recognize your hard work!
- We'll have wellness vendors, discussions, activities, awards and more!
- More details coming soon



Wellness Council Spotlights

Virtual Wellness Retreat

Children's Services



Let's March Challenge

Children's Services

LET'S MARCH CHALLENGE

The DCS Wellness Council is challenging everyone to walk more in March. Let's step up together!

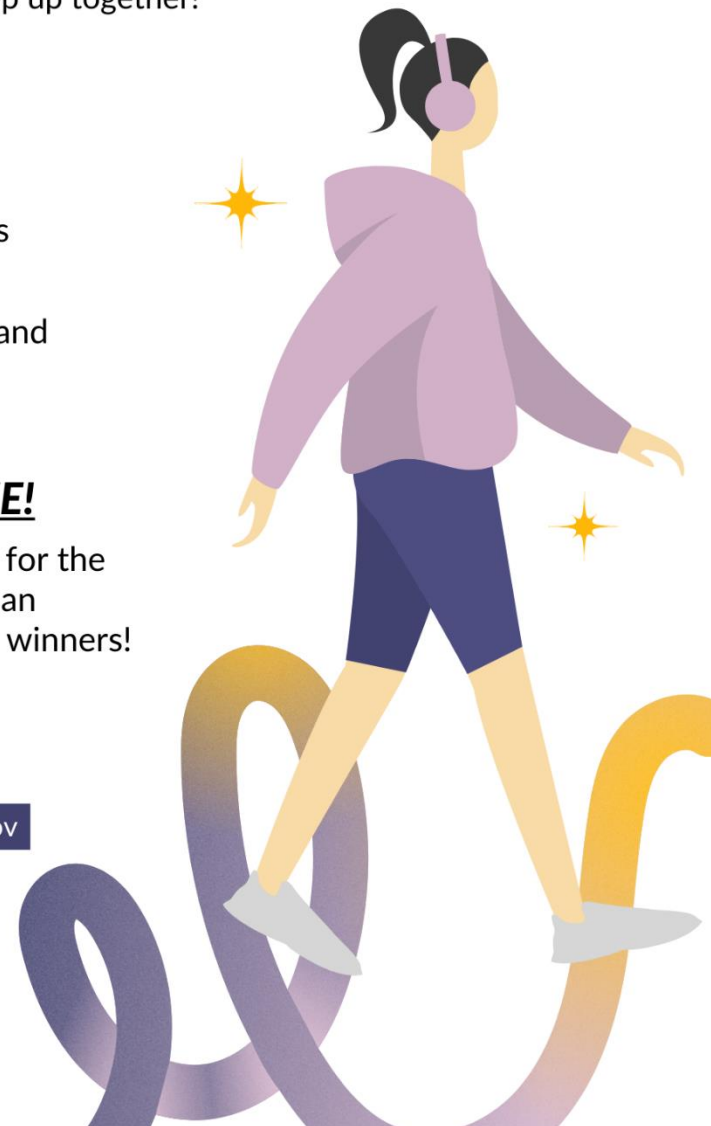
MARCH 4-31

- Track your steps
- Walk during breaks
- Park further away
- Walk with friends and coworkers

📌 **JOIN FOR FREE!**

Prizes are up for grabs for the top five steppers, plus an additional five random winners!

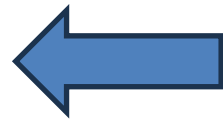
Questions?
Contact dcswellness.council@tn.gov



Health Fair

Labor and Workforce Development

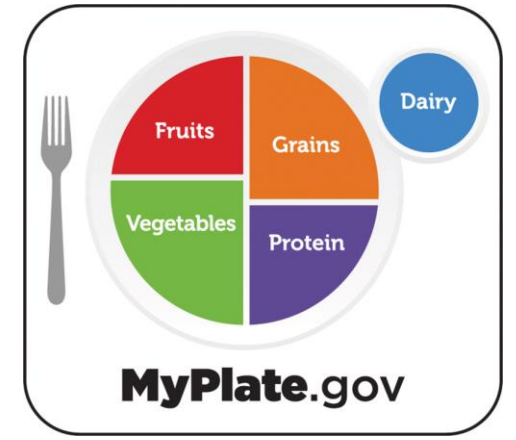
**Pro tip:
Invite
us to
your
events!**





National Nutrition Month

Health



Heart Month

Tennessee Courts



Upcoming Schedule



Wellness Council Webinar

Thursday, May 2 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.

What wellness activities, challenges or events have you done recently or are planning to do?



Questions





Don't miss an update!
Follow us on social media.



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