

WFHTN Wellness Council Webinar Notes December 2, 2021

Welcome

- Hello everyone! Thank you for joining our December Wellness Council Webinar.
 - Please go ahead and type your agency in the chat box to let us know who you are representing!
- Today's webinar agenda includes:
 - Wellness Whiz Quiz – Holiday Edition!
 - WFHTN Quarterly Activity List
 - Now Available
 - Wellness Council Spotlight
 - December Health Observances
 - Upcoming WFHTN Schedule
 - Wellness Council Panel
 - Sharing

Wellness Whiz Quiz

- Congratulations to our December 2021 Wellness Whiz, Ben Yarnell from the Department of Health!
 - We're mixing it up a little this month and I'll be testing your holiday song knowledge. We'll play an audio clip, and you'll guess the name of each song.
 - The first Wellness Council representative to get two out of the three answers correct using the chat feature will be crowned this month's Wellness Whiz.
 - In the event of a tie, a fourth question will be used as a tie breaker.
 - Using the chat feature, let me know who's ready to play!
1. **Play audio clip.**
 - Feliz-Navidad
 2. **Play audio clip.**
 - Jingle Bells
 3. **Play audio clip.**
 - Winter Wonderland
 4. **TIE BREAKER: Play audio clip.**
 - Let It Snow

WFHTN Quarterly Activity List

- We know this time of year can get busy with all the holiday hustle and bustle, but we're here to help and do the 'behind-the-scenes' work for your health and wellness activities.
- Here are some suggestions for December.
 - [O'Fitness Tree Challenge](#) (*Physical Activity, Inspire Change*): Move for seven days straight by completing each daily workout video.
 - Healthier Holiday Recipe Swap (*Healthy Eating, Inspire Change*): Have employees submit recipes. You can even make a digital recipe book.
 - Encourage employees to get into the giving spirit in honor of the Month of Giving (December). (*Well-being, Engage*)
 - For inspiration, check out [Tennessee Serves](#). [Volunteer Tennessee](#) is another option and you can view a calendar of upcoming opportunities on their website.

Now Available from WFHTN

- [Be Kind to Your Mind Wellness Week](#) - Self-care is not selfish. While it's important to show others kindness, you should also be mindful that your needs are critical. You'll complete at least one daily activity during this wellness week.

December 2021 Holidays & Health Observances

- [National Handwashing Awareness Week](#) (December 1-7)
- [National Influenza Vaccination Week](#) (December 5-11)
- New Year's Hikes at [TN State Parks](#)
- You can always access our National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/achievement-levels.html>

Wellness Council Spotlight

- We'd like to highlight some of the activities and challenges from different Wellness Councils during the past month.
 - **Intellectual and Developmental Disabilities** is in their third week of the Mile-Per-Day Challenge. West, Middle and East regions are completing for bragging rights! The goal is to walk at least one mile every workday for four weeks. They are earning bonus points for encouraging co-workers and family to get active with them, walking in different locations and stretching after their activity.
 - **Labor and Workforce Development** hosted an "October Bike Ride Challenge" and invited other departments to join. 25 participants logged mileage and/or number of bike rides for the month of October. Some of the participants were in a Microsoft Teams chat and talked about various trails they enjoy. Participants logged just under 880 miles on their bikes! Shoutout to George Young from Labor & Workforce Development who had the goal to ride 310 miles (10 miles per day) and despite rainy days was able to log 310.1 miles!! (He also mentioned that he's 72 years old; what an inspiration!) Another participant shared: *"I set a goal to reach a certain number of miles for the month. Once I achieved that distance, I set a second goal to get half that amount again before the end of the month which motivated me to go when it was cooler weather than I normally would have gone out in to bike. Loss of daylight hours and dropping temperatures definitely made it challenging. It felt good to meet and exceed my original goal. I noticed that I was able to go up some of the hills more efficiently near the end of the challenge. Just being outside this much time was a huge perk for me. This has been my favorite physical activity challenge for wellness!"*
 - **Economic and Community Development** held a Pet Photo Contest! This contest really drummed up participation from the department. Here are the winners:
 - Best in Show: Drax
 - Best Dressed: Charlie
 - Best Pack: Tate & Ruby
 - Best Action Shot: Samson
 - **Children's Services, Finance and Administration, Health, Human Services and Revenue** all hosted a month-long Planksgiving Challenge where employees did planks AND gave thanks! Here are some comments from participants: "I love this yearly challenge. A reminder that we shouldn't let ourselves get out of shape!", "The challenge is great for accountability.", and "Speaking to yourself to push yourself is very useful".
 - **Revenue** hosted a conference at the Music City Sheraton and wellness was a big part of their agenda. Attendees had the opportunity to join a 2.1-mile fun run, yoga class,

morning stretch breaks, afternoon mindfulness break and visit with the WFHTN team for information and swag.

- Keep up the great work and please continue to share all your successes and photos with us. Don't forget, you can send them to us directly on social media! Tag us or send them in a comment or a direct message.

Upcoming WFHTN Schedule

- **January Wellness Council Webinar**
 - Thursday, January 6 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

Wellness Council Panel

- We have invited three Wellness Council Chairs from different agencies to share their experience and tips.
 - Human Services, Abby Sparks
 - General Services, Julie Hannah
 - Revenue, Kelly Cortesi
- We have five questions for each Wellness Council Chair. We'll start with question one and let all three Chairs respond before moving onto the next question.
- Question #1: Tell us about the structure of your Wellness Council. Do you have members across divisions/regions?
- Question #2: How do you plan for each month or quarter? Do you hold regular Wellness Council meetings?
- Question #3: What were a couple of your most successful activities or challenges over the past year?
- Question #4: How do you communicate to your department to get participation?
- Question #5: How do you get buy-in from executive leadership?

Your Updates

- If you haven't already, please let us know in the chat box 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?
 - 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 Development
- Mental Health and Substance Abuse Services
- Military
- Revenue
- Safety and Homeland Security
- TBI
- TennCare
- TN Courts
- Tourist Development
- Transportation
- Tricor
- TWRA
- Veterans Services

Questions

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

Thank you for joining today's webinar. Please reach out to your Wellness Coordinator anytime. We're here to help with any requests, big or small.