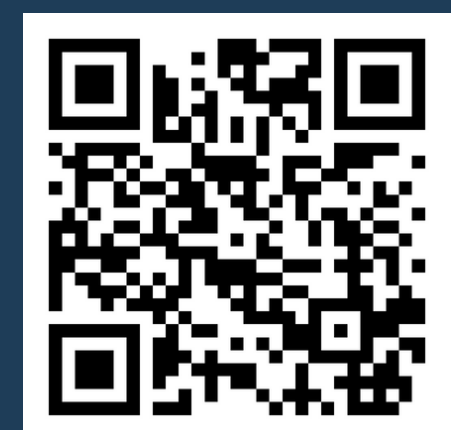


Wellness Council Webinar

February 2024



Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Wear Red Group Photo**
- **Moments of Wellness**
- **Celebrations**
- **Quarterly Activity List**
- **What's New**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**

Wear Red Group Photo



Moments of Wellness

Stretch Break

- 12-week stretching regimen can lead to...
 - Improved blood flow
 - Lowered blood pressure
 - Decreased stiffness of arteries
- Day 12 of the **21 Days to a Healthier Heart Challenge** is to add a [stretch break](#) to your calendar, or join in seated yoga from [12-12:15 p.m. CT](#).
- [Seated Stretches for the Workplace](#)



Neck Rolls



Seated Cat-Cow

- **Inhale** as you bring your back in/away from your chair
- **Exhale** as you curve your back out/toward your chair



Fats and Oils Quiz

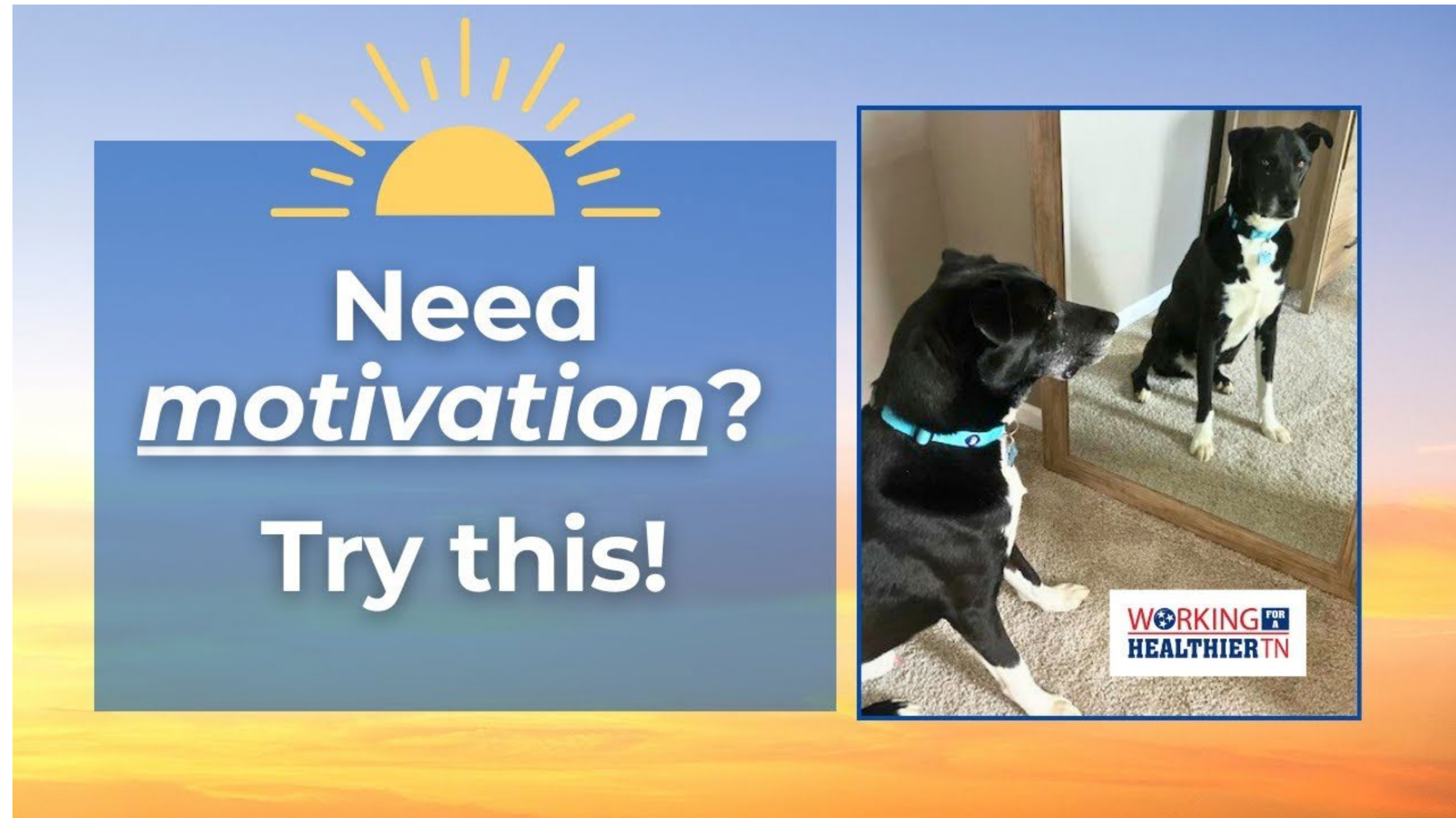


Fats and Oils Quiz

- **Want to do this with your team?**
 - Send out the [Formstack version](#)
 - Contact your Wellness Coordinator
- Reminder, we have a wide variety of prizes to choose from, and we keep our inventory list up to date.
 - Check it out: [wfhtn_prize_inventory.docx](#)



Positive Affirmations



https://youtu.be/DiS5tE7a_hQ

Celebrations

Celebrations

Angela Scruggs - Jan. 24
(General Services)

Kyle Jones - Feb. 12
(Labor and Workforce Development)



Celebrations!

Department of Human Resources

Emily Tataryn, Wellness Co-Chair

Abby L. Sparks, Wellness Co-Chair



Quarterly Activity List

February Activities & Info

- The [21 Days to a Healthier Heart Challenge](#) starts next Wednesday, Feb. 7!
 - Three participants chosen at random will win a prize.
 - Plus, one participant chosen at random will win the grand prize of a fitness tracker or a Working for a Healthier Tennessee swag bundle!
- Weekly vlog series: [Working for a Healthier Me](#)
 - Watch <1-minute videos from Communications Coordinator Natalie Bannon as she works on her health goals.
 - Videos will be posted on our [Instagram Reels](#) and [YouTube Shorts](#).
- Share messages of appreciation in honor of [Relationship](#) Wellness Month.
 - Submit using [this form](#) by Feb. 23.

February Activities & Info

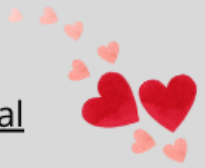








Virtual Events

- [Office Exercises Workout](#) on Thursday, Feb. 8 from 12-12:15 p.m. CT
- [Building a Culture of Kindness](#): Strategies for Promoting Positive Mental Health and Strong Relationships (presented by Optum Health) on Tuesday, Feb. 13 from 12-12:30 p.m. CT
- [Meditation Break with Nat](#) on Wednesday, Feb. 21 from 11:30 a.m. – 12 p.m. CT
- Q3 Activity List: <https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html>

February Wellness Calendar

Feel Good February



Week	Monday	Tuesday	Wednesday	Thursday	FRIDAY
February 1-2	Join the 21 Days to a Healthier Heart Challenge from Feb. 7-27. Sign-up by Friday, Feb. 9 for a chance to win a prize: https://stateofennessee.formstack.com/forms/wfhtn_21_days_to_a_healthier_heart_challenge 			Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Here's a tip! Try this Healthy Dill Pickle Dip. 
February 5-9	Read about physical activity and cancer risk in recognition of World Cancer Day (Feb. 4).	Join us for a Dance Break from 12-12:15 p.m. (Calendar invite)	Take a 10-minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)	Join the Office Exercises Workout from 12-12:15 p.m. (Calendar invite)	Usher in the halftime show with some BBQ Cauliflower Bites. 
February 12-16	Join Yoga for All from 12-12:15 p.m. (Calendar invite) 	Learn how to Build a Culture of Kindness (presented by Optum Health) from 12-12:30 p.m. (Register)	Learn How to Simplify Your Life (presented by Optum Health) from 12-12:30 p.m. (Register)	Join this Meditation Break with TDH from 11:15-11:30 a.m. (Calendar invite)	Random Acts of Kindness Day is Feb. 17 #Make Kindness the Norm
February 19-23		"Just be yourself, there is no one better." -Taylor Swift	Give your mind a break at Meditation with Nat from 11:30 a.m. – 12 p.m. (Calendar invite)	Check out our new Partners for Health wellness vendor, Sharecare. 	Try this Lightened Up Banana Pudding. 
February 26-29	"Make the most of yourself, for that is all there is of you." -Ralph Waldo Emerson	Read How Can I Reduce High Blood Pressure in honor of American Heart Month.	 Check out our YouTube channel! 	What is a Leap Year? <u>Find out!</u>	Please note: All times listed are in the Central time zone.

What's New?

All Employee Survey - FY2024

- **Survey promoted twice:**
 - Be Well @Work monthly newsletter (Oct. 5)
 - WFHTN weekly newsletter (Oct. 9)
- **Survey submissions:**
 - 53 employees
 - 16 agencies

All Employee Survey - FY2024

- **Five employees interested in joining their Wellness Council**
 - Wellness Chairs have been notified
- **Twelve employees interested in participating in a focus group**
 - Setting up online focus group meetings

Wellness Council Spotlights

You're Invited to the Health Fair

Labor & Workforce Development

- **Tuesday, March 5 from 11:15 a.m. to 1:15 p.m. CT**
- **PEARL Center:** 220 French Landing Drive, Nashville, TN
- Sneak peek of the fair
 - Cigna/BCBS
 - Here4TN
 - Sharecare
 - Working for a Healthier Tennessee
- **Popcorn, smoothies and free goodies!**



Wellness Wednesdays

Department of Children's Services

WELLNESS WEDNESDAYS

Starting January 17, join the DCS Training Division, Wellness Committee and Here 4 TN on Wednesday mornings at 9AM CT (10AM ET) for 30 minutes devoted to taking care of ourselves! Participants receive 30 minutes of training credit!

Some of the topics will include:
Introduction to Mindfulness,
Accessing your Health Incentives,
Finding time for Fitness, Yoga, Healthy Meal Planning and others topics!

We will use one link for all sessions! Click here to join the session or email Sirena.Y.Wilson@tn.gov to get the link added to your calendar!



Stretch & Breathe

Department of Health



Empower Hour

Department of Human Services

Join at menti.com | use code 2966 0251 Mentimeter

Feelings about the incentive program?
73 responses

excited
awesome
great
inspired
helpful
motivated
eager
glad
happy
wonderful
pumped
motivation
healthy
grateful
love
love it
knowledge
supportive
hopeful
neat
better educated
anxious
encouraging
loving it
motivated
neat
knowledge
supportive
hopeful
neat
better educated

sharecare

Denise M. Galben

4th Annual TDCI Olympics

Department of Commerce and Insurance



Upcoming Schedule



March Wellness Council Webinar

Thursday, March 7 from 9-9:45 a.m. CT

Your Updates



Questions





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



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