

WFHTN Wellness Council Webinar Notes January 7, 2021

Welcome

- Hello everyone! Thank you for joining WFHTN's January Wellness Council webinar.
 - We have been transitioning away from roll call at the end of our webinars, so 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 Trivia
 - What's New with WFHTN
 - Wellness Council Spotlight
 - January Health Observances
 - Upcoming WFHTN Schedule
 - Sharing
 - Optional WFHTN "Team Talk"

Fun Fact Challenge

- Congratulations to our January Fun Fact Challenge winner – Abby Sparks (Department of Human Services)

What's New with WFHTN!?

- **Quarterly Checklist (Q3 – January to March)**
 - A new fiscal year quarter means a new Quarterly Checklist for the 2021 WELLNESS WARRIORS AWARD.
 - Several of the Q3 requirements look familiar but notice the two newer items at the top – Completing the WFHTN Wellness Council Survey (which is a Google Form for YOU, Wellness Chairs and Wellness Council members); and Offering prizes for a wellness activity/challenge.
 - The Wellness Council Budget Request Form can be found on our website. And please don't hesitate to reach out to your Regional Wellness Coordinator for assistance completing this form.
 - Remember, these quarterly checklists are designed to showcase the agencies with consistent implementation and efforts throughout the year.
 - By the end of the third quarter (January-March), all departments that have completed their checklists will be placed in a tournament for the 2021 Wellness Warriors Awards.
 - You will NOT be able to make up this quarter (Q3) since the Wellness Warriors Award Challenge will take place during Quarter 4. Please let your WFHTN Regional Wellness Coordinator know if you need help completing any of the requirements!
 - There will be a 2021 Wellness Warriors Award winner in each division for a total of three awards given to the most deserving agencies.
 - As always, there will be other awards at the end of this fiscal year for high performance in each of our focus areas and some special superlatives.
- **January 2021 Activity Planner**

- Today I'll highlight a few activities suggested on the January Activity Planner.
 - **National Hobby Month -- 5 points**
 - Is happening this January – share these resources (or be creative) and promote FUN and relaxation at your agency.
 - **LIVE Workouts with WFHTN – 5 points**
 - Two dates scheduled: Wednesday, January 6th (with Kayla! was yesterday) and 20th ("1-Mile Easy Disco Walking Workout").
 - These are just 15 minutes and scheduled on WebEx.
 - At yesterday's LIVE Workout with Kayla, over 50 State employees enjoyed a standing bodyweight workout to break from their workday and do something good for their bodies. Don't miss your chance to join us again on Jan. 20th for a Walking Workout video.
 - **[Small Steps to Healthier Eating Challenge](#) – 30 points**
 - We have some other ideas for four-week challenges in January (the S.M.A.R.T. Goal Challenge and Mile-per-Day Challenge), but this Small Steps to Healthier Eating Challenge is just one-week long.
 - The objective is to take small steps to help overall eating habits align more with the Dietary Guidelines for Americans. – For example: Eating two servings of veggies, making two whole grain choices, and choosing two healthier protein foods.
- **A Look Ahead**
 - Just a friendly reminder that ALL the Q3 Monthly Activity Planners (January, February and March) are available on our website for ideas to spark your future planning.
 - **WFHTN's 28 Days to a Healthy Heart Challenge** is back this February.
 - **Happiness Fest** for two weeks in honor of International Day of Happiness
 - **Challenge Ideas from YOU!**
 - The WFHTN Team would like to start featuring more ideas on the monthly activity planners that are inspired by YOU.
 - Your WFHTN Regional Wellness Coordinator would love to hear from you and remember, WE will do the work to turn your ideas into reality!

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- **Have a Healthy Holiday Challenge**
 - Congrats to **Military** and **Tourist Development** for coming out on top in this all-department challenge, followed by Agriculture, Environment & Conservation, Human Services, Mental Health & Substance Abuse Services and Transportation!
- **Department of Mental Health & Substance Abuse Services**
 - The Department of Mental Health & Substance Abuse Services held a virtual "Ugly Sweater Contest" and also a virtual holiday card swap!
- **Department of Environment & Conservation**
 - The Department of Environment & Conservation held a food drive called "Hunger Doesn't Take a Holiday". This department already does wonderful work to help combat food insecurity and this holiday season they held a challenge to see how much was donated. They used a digital submission form in order to keep track of results across the department. They recognized field offices, park areas and divisions with the highest

participation rates at the end. More than 120 employees participated in the Hunger Doesn't Take a Holiday Virtual Food Drive for a reported total of \$5,954.13 that TDEC department staff contributed to regional food banks in Tennessee. The actual total may even be higher due to some employees remaining anonymous when donating.

- **Department of General Services**
 - The Department of General Services has been holding monthly virtual wellness breaks. In December, their own Kayla led 25 people in an interval training workout! They also collected recipes for their digital cookbook called: "DGS Keeps Cookin'". They had 120 recipe submissions from over 70 employees!
- **Department of Economic & Community Development**
- The Department of Economic & Community Development had the idea to gather reasons why their co-workers are thankful. Their Regional Wellness Coordinator was able to take this idea and create a Google submission form in order to gather responses. After gathering responses, the Coordinator created a PDF "booklet" to showcase all the responses. The "thankful booklet" was sent out to the department and had great feedback. Remember, your Regional Wellness Coordinator can take your ideas and help them become a reality!
- 194 employees from seven different departments attended a Stress Management webinar. One attendee commented, *"Thank you so much for providing these webinars. It's a nice break from work and helpful for people to focus on the importance of eliminating stress and self-care."*
- 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!

January Health Observances

- Family Fit Lifestyle Month
- Healthy Weight Week (third week of January)
- You can always access this National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/activity-planner-progress.html>

Upcoming WFHTN Schedule

- **Jan Activity Planner**
 - DUE Jan. 29th
- **WFHTN All-Dept Challenge**
 - 28 Days to a Healthy Heart (Feb. 1-28)
- **Q3 (Jan-Mar) Checklist**
 - DUE March 31st
- **February Wellness Council Webinar**
 - Thursday, Feb. 4th 9-9:30 a.m. Central
 - 9:30-9:45 a.m. Central –WFHTN Team Talk!

Updates

- If you haven't already, please let us know in the chat box which department you're representing. This is how we will be taking attendance moving forward so that we don't take up your time with the roll call.
- 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

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...
 - ***Continue discussion as time allows.*

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!