

Wellness Council Webinar

July 2023



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Encouraging and enabling state employees to lead healthier lives

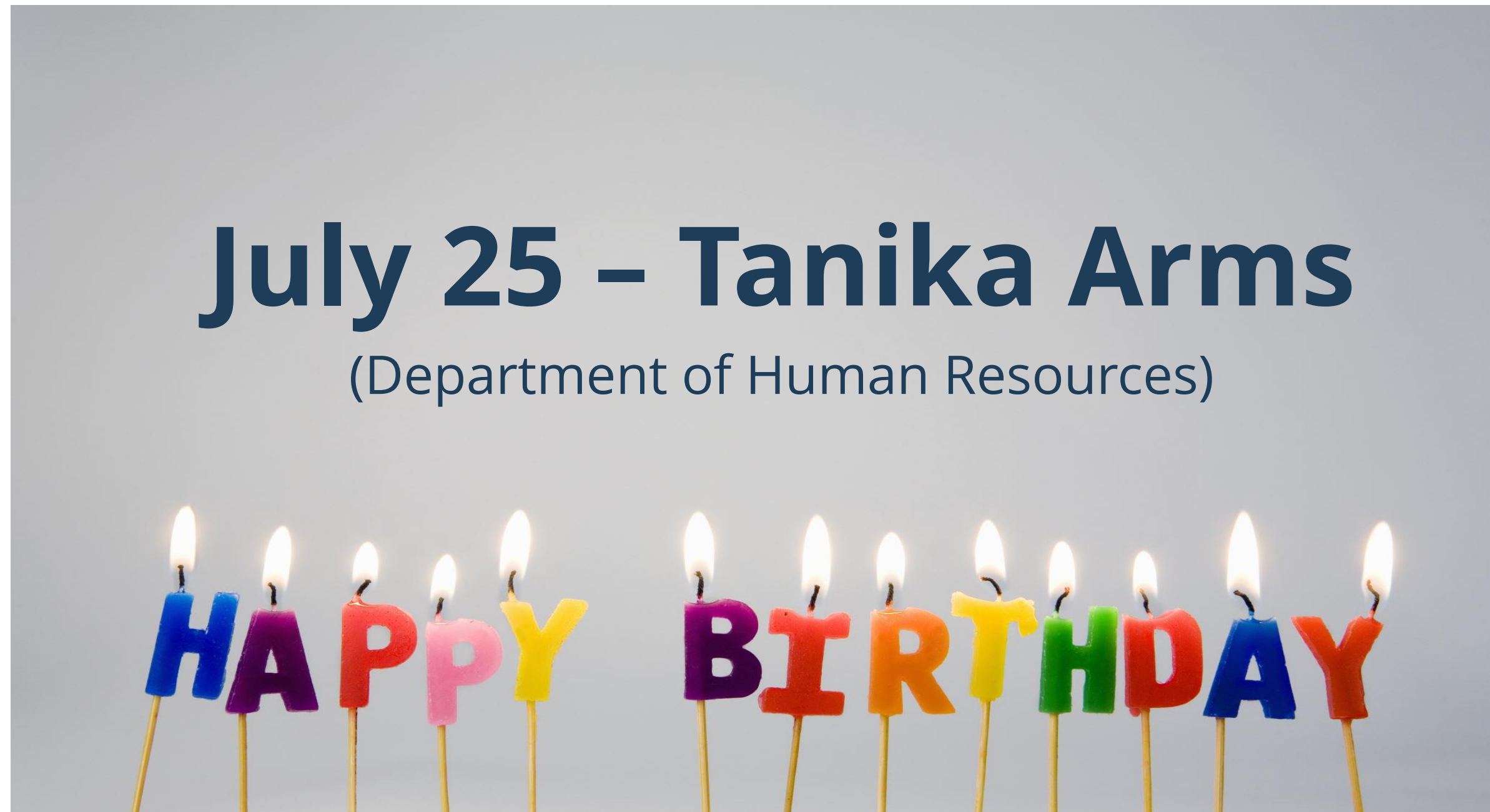
Today's Agenda

- **Quarterly Activity List**
- **What's New from WFHTN**
- **Wellness Council Spotlights**
- **Upcoming Schedule**

Shoutouts!

July 25 – Tanika Arms

(Department of Human Resources)



Is your birthday this month? Let us know in the chat!

Quarterly Activity List

Quarterly Activity List

FOCUS AREA	COMMUNICATE	ENGAGE	INSPIRE CHANGE
<i>(Applies to related focus area.)</i>	<p>Share:</p> <ul style="list-style-type: none"> Information on any National Health Observance. Wellness events. Resources from Here4TN and/or ActiveHealth. Resources from the Be Well @Work monthly newsletter. 	<ul style="list-style-type: none"> Encourage employees to complete a short activity (crossword puzzle, word search, etc.). Host a Lunch 'n' Learn or webinar (live or recorded). Host a virtual exercise or stretch break. 	<ul style="list-style-type: none"> Host any Team Building Activity. Host any Well-being, Physical Activity, Healthy Eating or Tobacco Cessation challenge. Share an employee success story.
WELLNESS COUNCIL	<p>Share:</p> <ul style="list-style-type: none"> This Quarterly Activity List with your Wellness Council members. A monthly handout. Resources and/or upcoming events from WFHTN's weekly newsletters at a staff meeting. 	<ul style="list-style-type: none"> Participate in the monthly Wellness Council webinar on the first Thursday of each month from 9-9:45 a.m. CT. Link to join. Recruit a new Wellness Council member. Invite other agency(s) to participate in your activity, challenge or webinar. 	<ul style="list-style-type: none"> Attend WFHTN's 2023 Annual Awards Celebration on July 20 from 10 a.m. - 12 p.m. CT. Host a Wellness Council meeting.
PHYSICAL ACTIVITY	<p>Share:</p> <ul style="list-style-type: none"> On-demand yoga video resources. The Get into Working Out infographic. 	<ul style="list-style-type: none"> Encourage employees to attend a virtual yoga class. <i>Two attendees chosen at random will win a prize!</i> Invite employees to join our Stretches for Walking activity on Thursday, July 27 from 12-12:15 p.m. CT. Invite employees to join our Barriers to Being Active activity on Thursday, Aug. 10 from 1-1:30 p.m. CT. 	<ul style="list-style-type: none"> Visit a national, state or local park in honor of National Park and Recreation Month (July). Submit photos to WFHT.TN@tn.gov. Promote and join the Find Your Flow Yoga Challenge in honor of National Yoga Month (September). <i>Three participants chosen at random will win a prize!</i>
HEALTHY EATING	<p>Share:</p> <ul style="list-style-type: none"> Top 10 Tips for Healthy Grilling and Barbecuing in honor of National Grilling Month (July). Selecting and Serving Produce Safely (PDF, video) in honor of Food Safety Education Month (September). 	<ul style="list-style-type: none"> Invite employees to join our Get the Facts on Food Labels webinar on Tuesday, Aug. 29 from 1-1:30 p.m. CT. Encourage employees to complete Cholesterol: Fact or Fiction? by Sept. 30 for National Cholesterol Education Month (September). <i>Three participants chosen at random will win a prize!</i> 	<ul style="list-style-type: none"> Host or promote and join our two-week 48 A Water Challenge from August 14-27 in honor of World Water Week. <i>Five participants chosen at random will win a prize!</i> Encourage co-workers to share how they enjoy more whole grains at meals in honor of Whole Grains Month (September). <i>Three participants chosen at random will win a prize!</i>
WELL-BEING	<p>Share:</p> <ul style="list-style-type: none"> The Social Wellness Checklist in honor of Social Wellness Month (July). Preventing Suicide at Work in honor of National Suicide Prevention Month (September). 	<ul style="list-style-type: none"> Invite employees to join A Safe and Savvy Summer webinar (presented by ActiveHealth) on Tuesday, Aug. 1. Encourage employees to Create a Quit Plan and learn about Tobacco Quit Aids (for state health plan members). Telephonic and online group coaching for tobacco cessation are available through ActiveHealth. To enroll, call 888-741-3390 (state health plan members only). 	<ul style="list-style-type: none"> Host or promote and join the Get Outdoors Challenge. <i>Five participants chosen at random will win a prize!</i> Try one of these Relaxation Techniques on National Relaxation Day (Tuesday, Aug. 15). Tell us which technique you tried. <i>Five participants chosen at random will win a prize!</i>

Note: We support your creativity! If you have an idea not included on this list, share it with your Wellness Coordinator to see where it fits with our goals.

July Activity Suggestions

- **Get Outdoors Challenge** from July 10 - Aug. 6
This challenge includes weekly tasks designed to help you get outside and discover new ways to enjoy nature.
- **Summer Social** on Thursday, July 13 from 1-1:15 p.m. CT
- **Meditation Break with Nat** on Wednesday, July 19 from 11:30 a.m. – 12 p.m. CT
- **Get Outdoors Trivia** on Friday, July 21 from 10-10:30 a.m. CT

What's New?

New! Wellness Council Activity Submission Form



https://stateoftennessee.formstack.com/forms/wfhtn_wc_activity_submission_fy2024

New Social Media



New Social Media

June 7 was National Running Day!



New Social Media

Thank you for your volunteer efforts!



"The Working for a Healthier Tennessee team is a pleasure to work with, and even though I'm passing the torch to another Department of General Services leader to serve as the wellness chair, I am here for you all if you need me. In addition to wellness being a personal priority, it makes a positive impact on workplace culture."

-Assistant Commissioner Julie Hannah,
Tennessee Department of General Services

New Social Media

WFHTN travels well!



 **kylejones_tn** • Follow
Disney's Hollywood Studios

 **kylejones_tn** Thanks for the swag bag @workingforahealthiertn 🤔 #vacation
2d

 **workingforahealthiertn** Heeyyyy!
2d 1 like Reply See translation

👍 🗨️ 📍

 Liked by workingforahealthiertn and 16 others
2 DAYS AGO

 Add a comment... Post

New Wellness Calendar & Events

Get Outdoors in July



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 3-7	Check out these Top 10 Tips for Healthy Grilling and Barbecuing.	Happy 4th of July!	Yesterday was National Caesar Salad Day. Try this Grilled Chicken Caesar Wrap!	Refresh with TDOE's Meditation Break from 11:15-11:30 a.m. (Calendar invite)	Last day to join the Get Outdoors Challenge! Discover new ways to enjoy nature. Sign up!
July 10-14	July is National Park and Recreation Month. Visit a national, state or local park.	Time for a Dance Break! Tuesdays from 12-12:15 p.m. (Calendar invite)	Yoga for All is relaxing for all fitness levels. Join us every Wednesday from 12-12:15 p.m. (Calendar invite)	Celebrate Social Wellness Month at our Summer Social from 1-1:15 p.m. (Calendar invite)	Join Yoga for All every Friday from 12-12:15 p.m. (Calendar invite)
July 17-21	Learn how a TN State Government employee hiked 600 miles in a year!	Cool down with this nutrient packed Groovy Peach Pear Smoothie.	Relax your mind! Join Meditation 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)	Test your knowledge with Get Outdoors Trivia from 10-10:30 a.m. (Calendar invite)
July 24-28	Join us for Yoga for All from 12-12:15 p.m. (Calendar invite)	Learn tips for connecting with others with this Social Wellness Checklist.	Today is National Bagelfest! Celebrate with these 2-Ingredient Dough Bagels.	Stay flexible, and prevent injury with Stretches for Walking from 12-12:15 p.m. (Calendar invite)	Enjoy a comfort meal with this Lighter Eggplant Parmesan.
July 31	Have some fun at a TN State Park event! Send us pictures at WFHT.TN@tn.gov	<p>Please note: All times listed are in the Central time zone.</p>			

If you are interested in joining your Wellness Council, email WFHT.TN@tn.gov

Upcoming Events July 2023

Workouts

Stretches for Walking
Thursday, July 27 from 12-12:15 p.m.
[Link to join.](#) [Calendar invite.](#)

Yoga for All
Mondays (excluding 7/3) from 12-12:15 p.m.
[Link to join.](#) [Calendar invite.](#)

Wednesdays from 12-12:15 p.m.
[Link to join.](#) [Calendar invite.](#)

Fridays from 12-12:15 p.m.
[Link to join.](#) [Calendar invite.](#)

Dance Break (New time!)
Tuesdays from 12-12:15 p.m.
[Link to join.](#) [Calendar invite.](#)

DHS 10-Minute Fitness Break
Wednesdays from 11-11:10 a.m.
[Link to join.](#) [Calendar invite.](#)

DCS Fitness Break
Thursdays from 10-10:15 a.m.
[Link to join.](#) [Calendar invite.](#)



Challenge



Get Outdoors Challenge

Monday, July 10 - Sunday, August 6
Complete weekly tasks to help you get outside and discover new ways to enjoy nature. Join an optional Microsoft Teams chat to share your discoveries and get ideas from co-workers.
Five participants chosen at random will win a prize!
Are you ready to get outdoors?! **Sign-up by Friday, July 7.**

Activities & Webinars

TDOE Meditation Break
Thursdays from 11:15-11:30 a.m.
[Link to join.](#) [Calendar invite.](#)

Summer Social
Thursday, July 13 from 1-1:15 p.m.
[Link to join.](#) [Calendar invite.](#)

Meditation with Nat
Wednesday, July 19 from 11:30 a.m.-12 p.m.
[Link to join.](#) [Calendar invite.](#)

Get Outdoors Trivia
Friday, July 21 from 10-10:30 a.m.
[Link to join.](#) [Calendar invite.](#)

Please note: All times are listed in Central time zone.
For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness-events.html.



Fiscal Year 2024 Budget Requests

- Reach out to your Wellness Coordinator
- Quarterly survey to determine needs
- \$70 per agency
- One request per quarter
- No gift cards, vouchers or memberships

2023 Annual Celebration



Wellness
IS A JOURNEY

July 20, 2023
10 a.m. - 12 p.m. CT
Tennessee State Library & Archives

[Register](#) **TODAY!**

Wellness Council Spotlights

Welcome New Wellness Chairs!

Denise M. Woods (Agriculture)

Elaura Guttormson (Agriculture)

Nicole Hussey (Children's Services)

Angela Cross (General Services)



Happiness Challenge



“

**MY MISSION IN LIFE
IS NOT MERELY
TO SURVIVE, BUT
to thrive.**

MAYA ANGELOU



Earth Week Events

Department of Transportation



Region 1

KEEP THE TENNESSEE RIVER BEAUTIFUL!



EARTH DAY


AWARENESS WEEK
PRESENTED BY
NOBODY TRASHES TENNESSEE

7,806 lbs.
REMOVED BY
24 VOLUNTEERS



DOUGLAS LAKE 4.21.23


KEEP THE TENNESSEE RIVER BEAUTIFUL!



EARTH DAY

AWARENESS WEEK
PRESENTED BY
NOBODY TRASHES TENNESSEE

7,040 lbs.
REMOVED BY
22 VOLUNTEERS



CHICKAMAUGA LAKE 4.20.23

Region 2

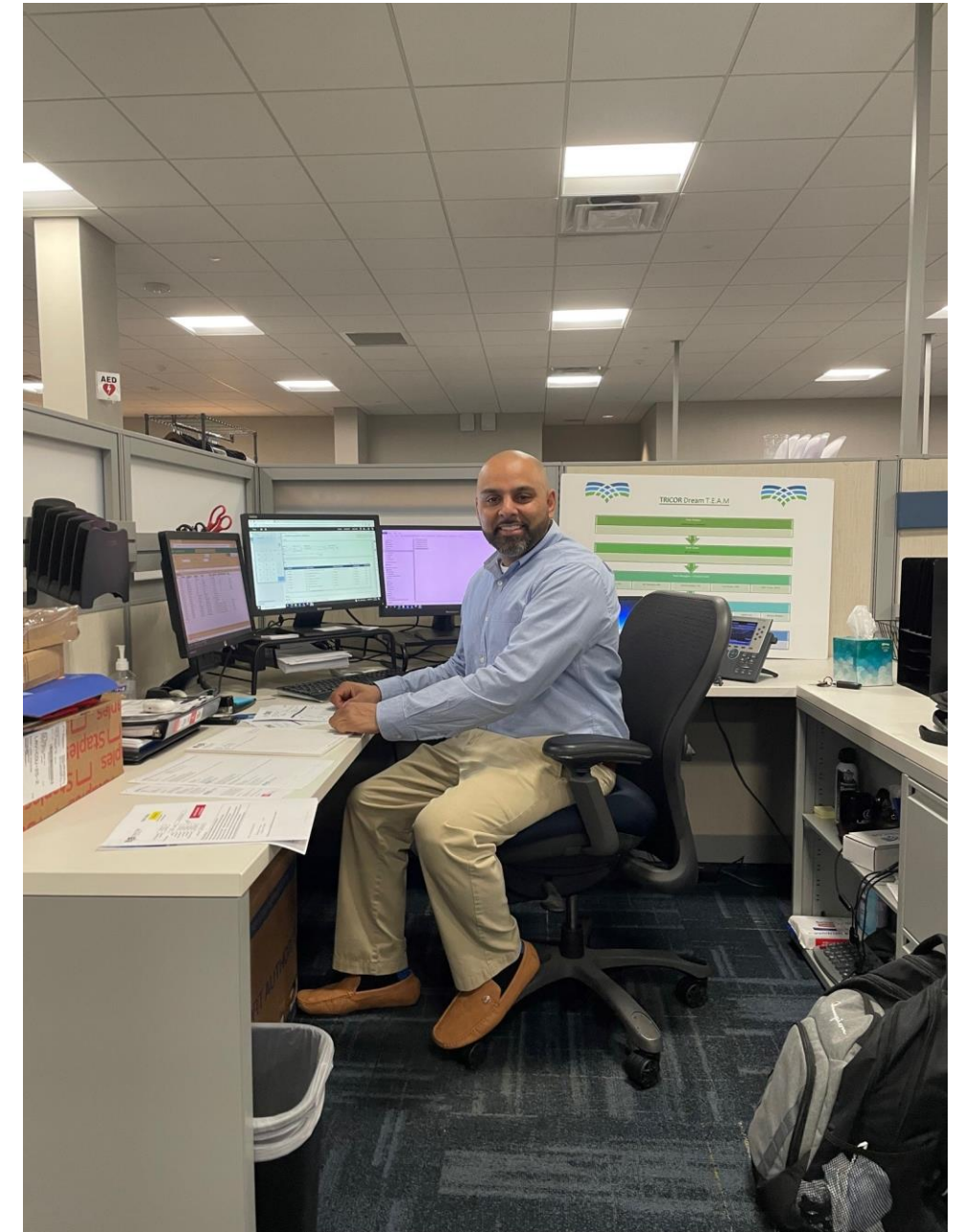
Healthier Meeting Offerings

Department of Environment & Conservation



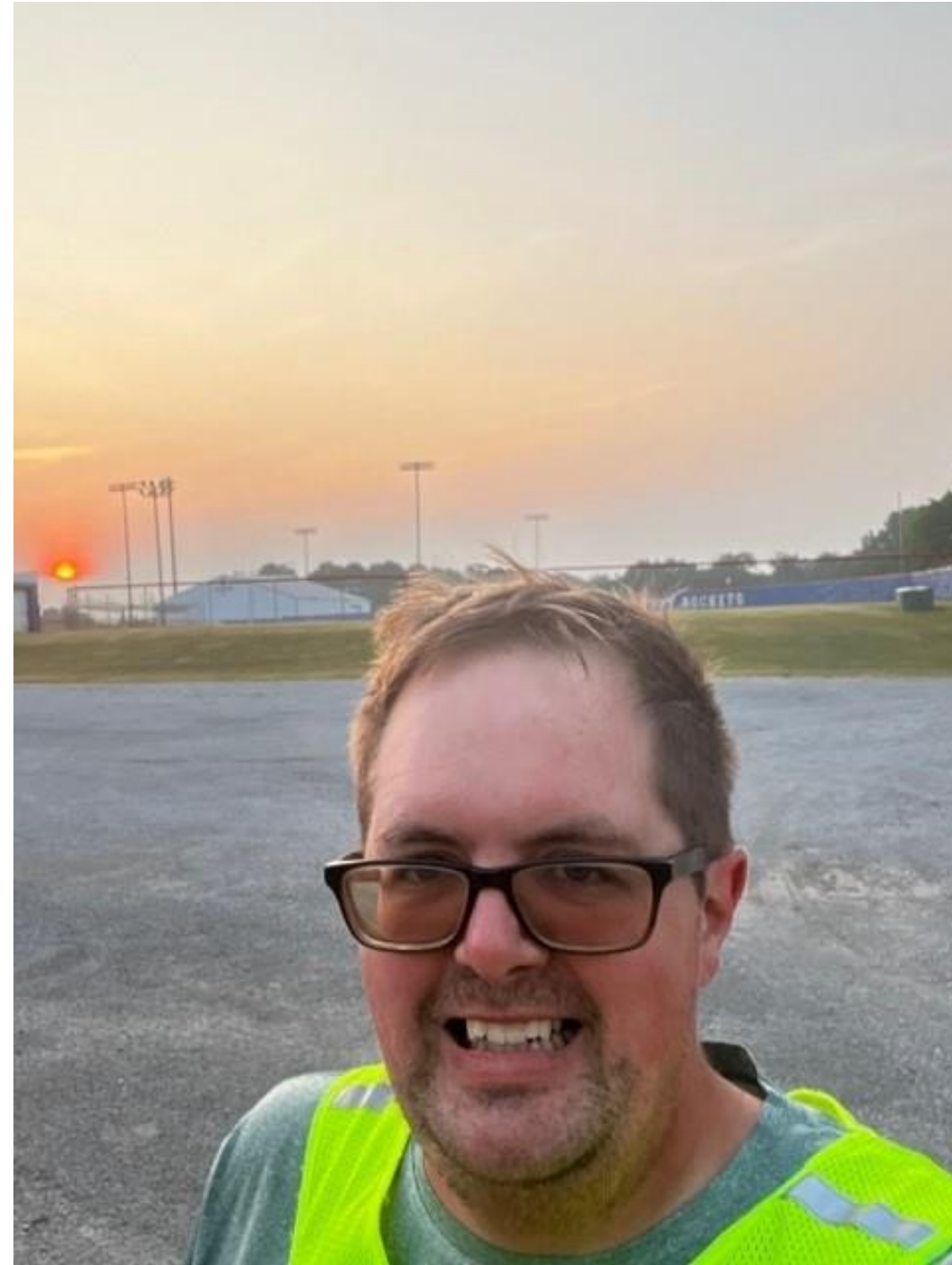
Healthy Weight Challenge

TRICOR



Getting it Done!

Department of Health



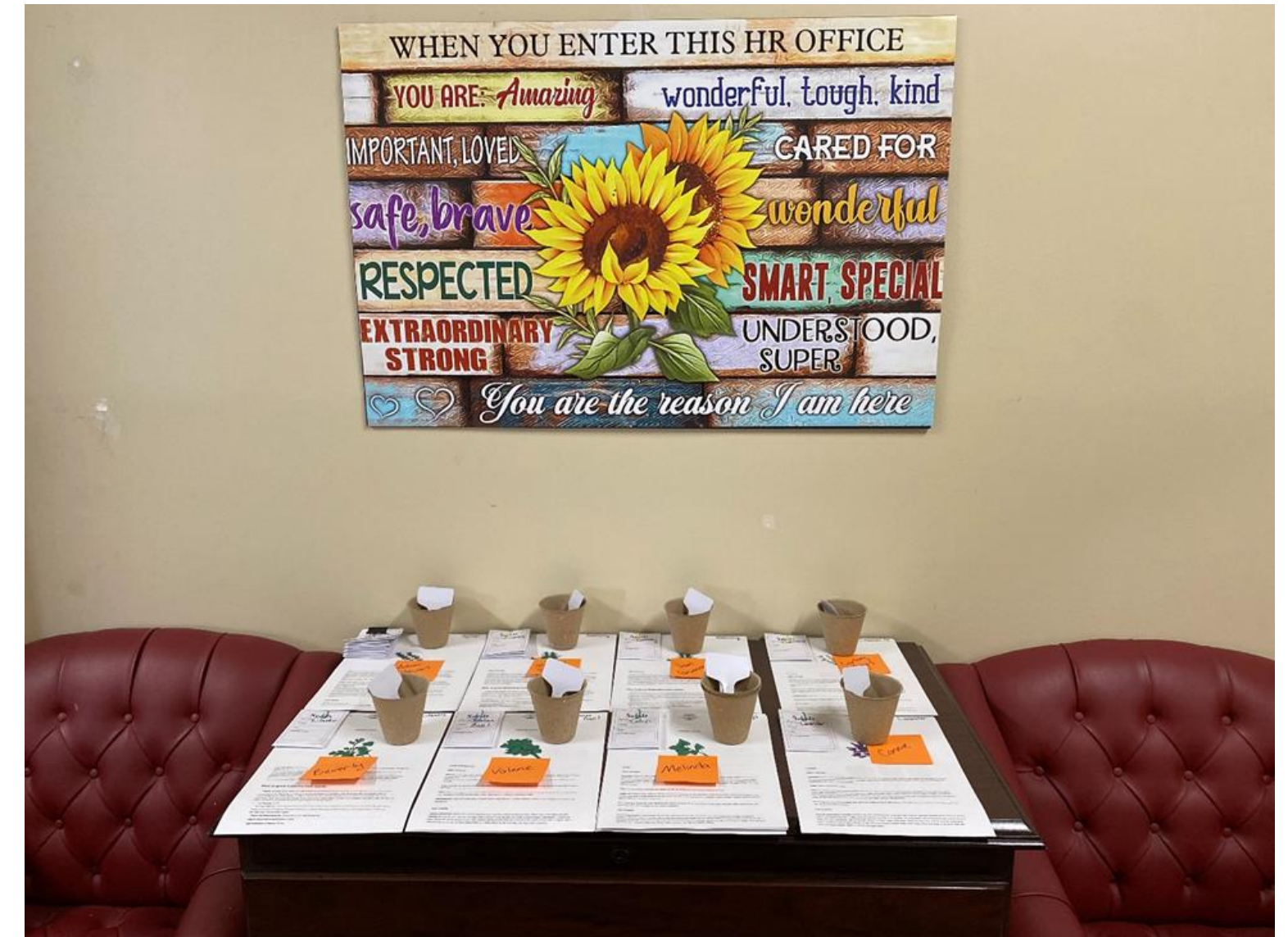
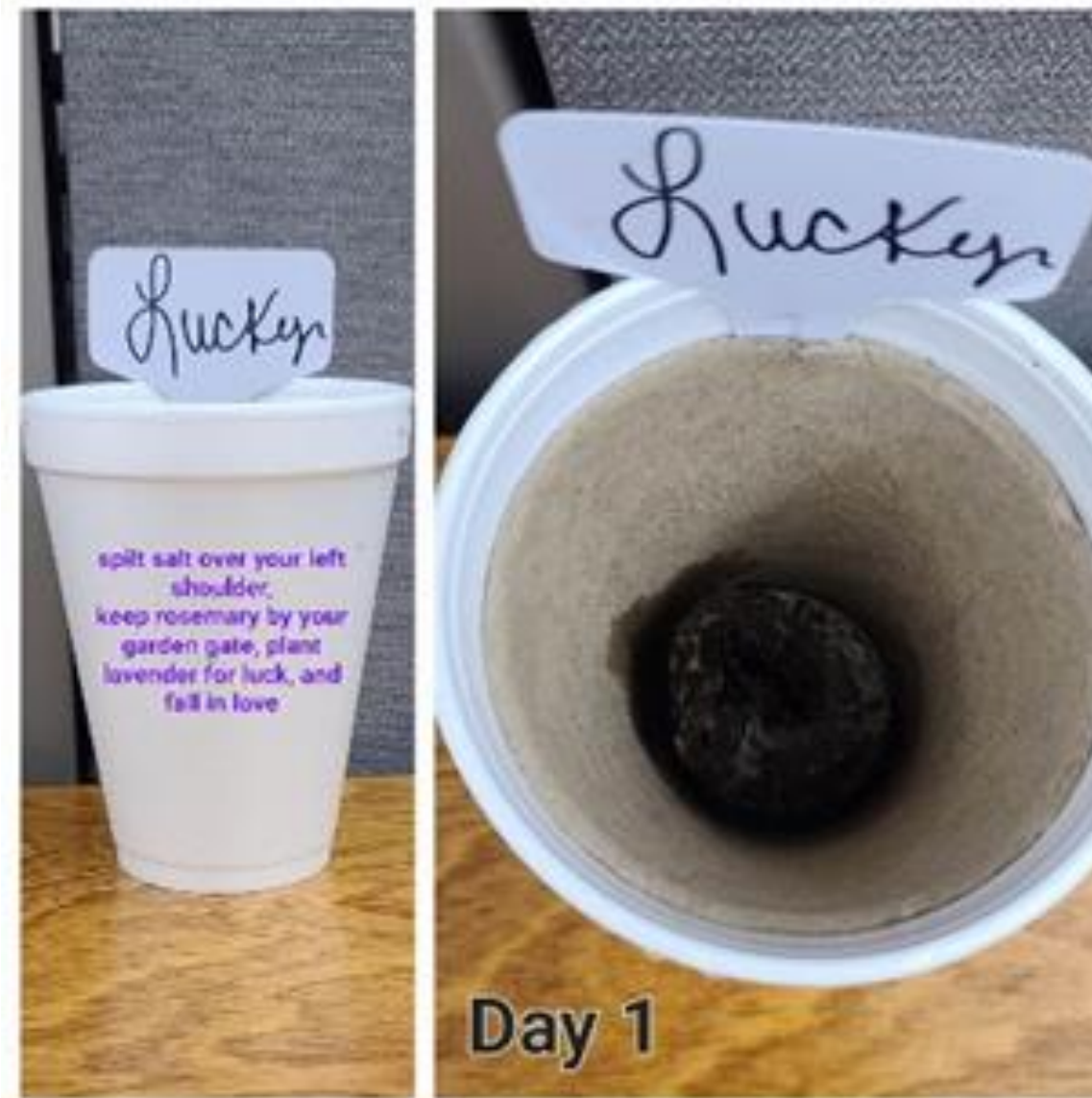
Let's Share Healthy Habits!

Department of Correction



Herb Container Garden

Department of Military



Wear Blue

Department of Children's Services



Wellness Media Content Creators

Department of Human Services



DHS Health and Wellness Council is proud to present podcast Episode 1: Iyengar Yoga.

This is the first episode in our bi-monthly podcast series. 2023 schedule below. STAY TUNED!





Upcoming Schedule

August Wellness Council Webinar

Thursday, Aug. 3 from 9-9:45 a.m. CT

Guest speaker: ActiveHealth Management

Quarter 1 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

For our full virtual event list, please visit

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates



WHAT'S
GOING
ON?

Questions





Don't miss an update!
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