

# WELLNESS COUNCIL WEBINAR

March 2022



/WFHTN



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@WorkingForAHealthierTN



/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

# Today's Agenda

**National Nutrition Month Panel**

**Quarterly Activity List**

**Wellness Council Spotlight**

**What's New?!**

**Healthy Eating Activity**

**Upcoming Schedule**

**Sharing**

# National Nutrition Month Expert Panel



**Lindsey Joe**



**Morgan McFarlane**

# Quarterly Activity List

# We'd Love Your Input!



- **Do you think your Wellness Council is award-worthy?**
- You can now nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year.
- Submit your nominations [HERE](#).

# March Suggestions

## Well-being, Engage:

In honor of International Day of Happiness on March 20, have employees submit what makes them happy in our virtual **Joy Jar**.

## Well-being, Inspire Change:

Host a **Sound Sleep Challenge**.  
Sleep Awareness Week is March 13-19.



## Healthy Eating, Inspire Change:

Share your most flavorful recipe(s) in honor of **National Nutrition Month's** “Celebrate a World of Flavors” theme!



# March Wellness Calendar

## BE MINDFUL IN MARCH



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 1-4		<p><u>Here4TN</u> is here to support you so you can life live to the fullest. Learn more <a href="#">here</a>.</p>	<p>Meet the <u>WFHTN team</u> of wellness experts!</p>	<p>Join DCS for a <u>fitness break</u> from 11-11:15 a.m. Central. (<a href="#">Calendar invite</a>)</p>	<p>Join us for <u>Yoga (Core&amp;More)</u> from 12:15-12:45 p.m. Central. (<a href="#">Calendar invite</a>)</p>
March 7-11	<p>Relax your mind and body with these <u>tips and techniques</u>.</p>	<p><u>Do nothing for 2 minutes!</u></p>	<p>Join DHS for a 10-minute <u>fitness break</u> from 11-11:10 a.m. Central. (<a href="#">Link to join</a>)</p>	<p>Join us for a <u>Standing Core Workout</u> from 9:30-9:45 a.m. Central. (<a href="#">Calendar invite</a>)</p>	<p>Get inspired by watching <u>Cherrell's success story!</u></p>
March 14-18	<p>Join us for <u>Be Kind to Your Mind Wellness Week!</u></p>	<p>Write down 3 things you love about yourself.</p>	<p>Join the <u>Relaxation Techniques</u> webinar at 11 a.m. Central. (<a href="#">Register here</a>)</p>	<p>Join us for a <u>Mindfulness Break</u> from 1-1:15 p.m. Central. (<a href="#">Calendar invite</a>)</p>	<p>Looking for a new recipe to try? Try our <u>Simple Stuffed Peppers!</u></p>
March 21-25	<p>Decrease stress by learning different breathing techniques with this <u>1-week activity</u>.</p>	<p>Turn off your electronics at least 1 hour before bed.</p>	<p>Join us for <u>Yoga</u> from 12-12:15 p.m. Central. (<a href="#">Calendar invite</a>)</p>	<p>Looking for a healthy dessert? Try our <u>Peanut Butter Banana Bars!</u></p>	<p>Choose a healthier way of thinking with these <u>tips</u>.</p>
March 28-31	<p>Join us for <u>Yoga</u> with Sophia from 12-12:15 p.m. Central. (<a href="#">Calendar invite</a>)</p>	<p>Try these <u>relaxation &amp; breathing exercises</u> to boost your mindfulness.</p>	<p>See which screening tests and vaccines you or a loved one need to stay healthy <a href="#">here</a>.</p>	<p>Join us for a <u>Healthy Snack Demo</u> from 1-1:15 p.m. Central. (<a href="#">Calendar invite</a>)</p>	

# March Suggestions

(from Wellness Calendar)



## **Be Kind to Your Mind** (*Well-being, Inspire Change*)

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 action during this wellness week activity.

## **Just Breathe** (*Well-being, Inspire Change*)

This one-week activity will help participants decrease stress by learning and practicing different breathing techniques.



# Wellness Council Spotlight

# ECD Steps Challenge



# Revenue: Random Acts of Kindness Week

## Acts of Kindness Week

*Day 1: Connect With a Colleague*

*Day 2: Make Yourself Smile*

*Day 3: Do a Good Deed*

*Day 4: Make a Colleague Laugh*

*Day 5: Show Gratitude*



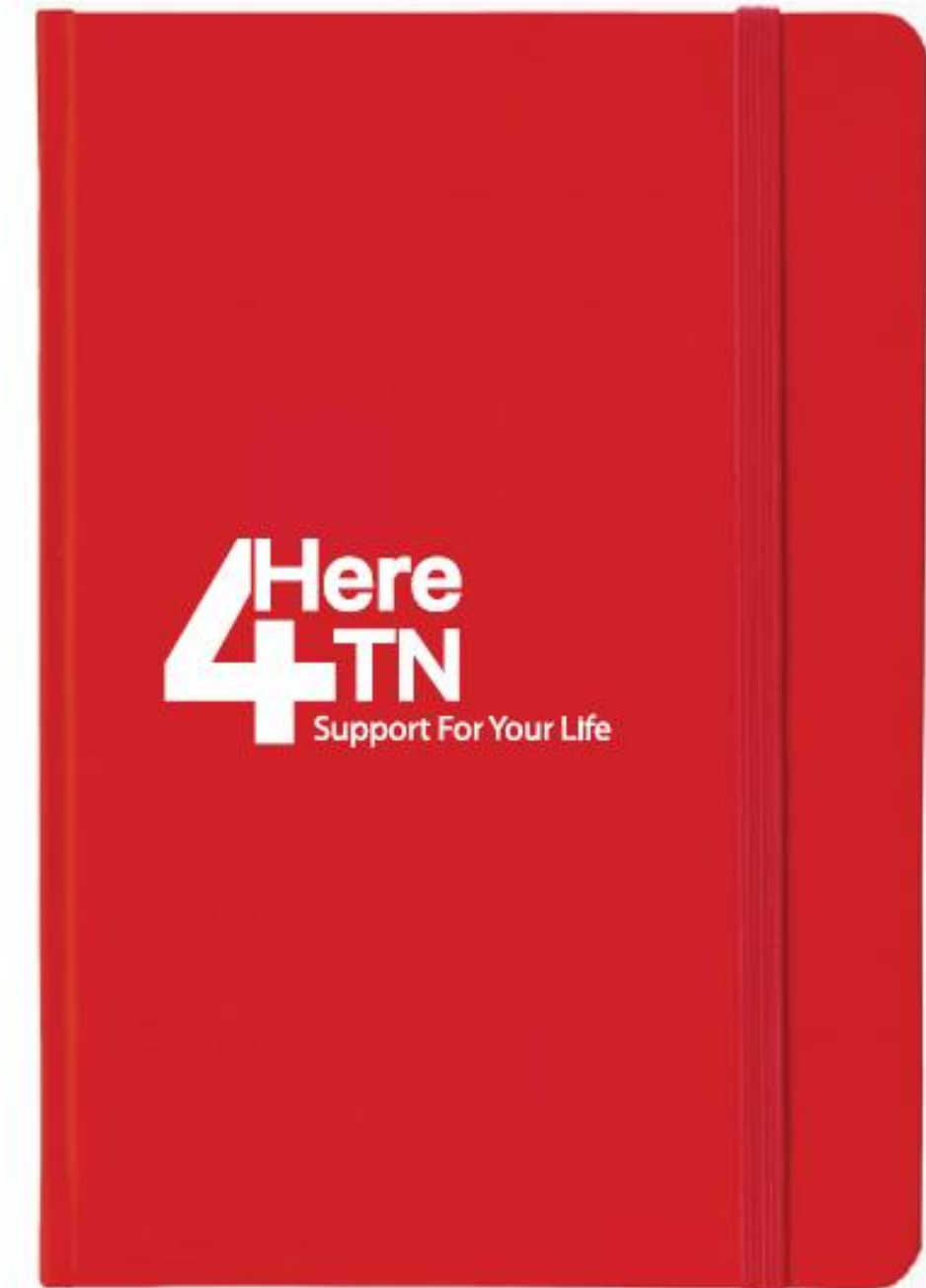
*(Feb. 14th- Feb. 18th)*

# What's New?!

# Here4TN Scavenger Hunt

March 7-18

50 employees chosen at random will win a prize!





# Meet the Team Series

Check out Morgan's spotlight from February!



Be on the lookout this month to learn more about Lindsey!

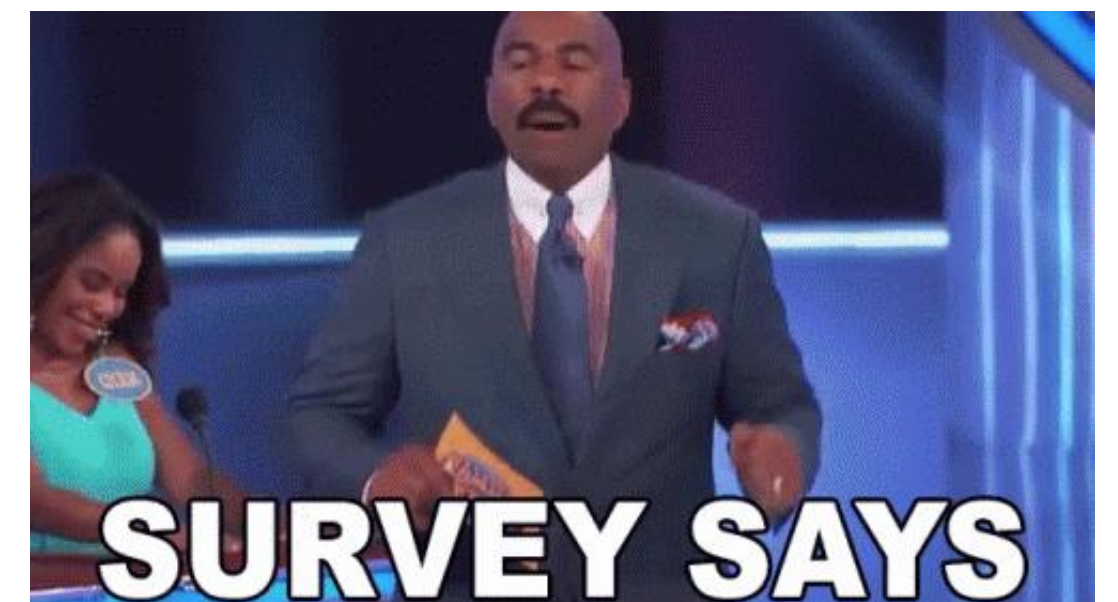
# WFHTN Survey Results

How long would you be willing to participate in a workplace wellness activity during your workday?

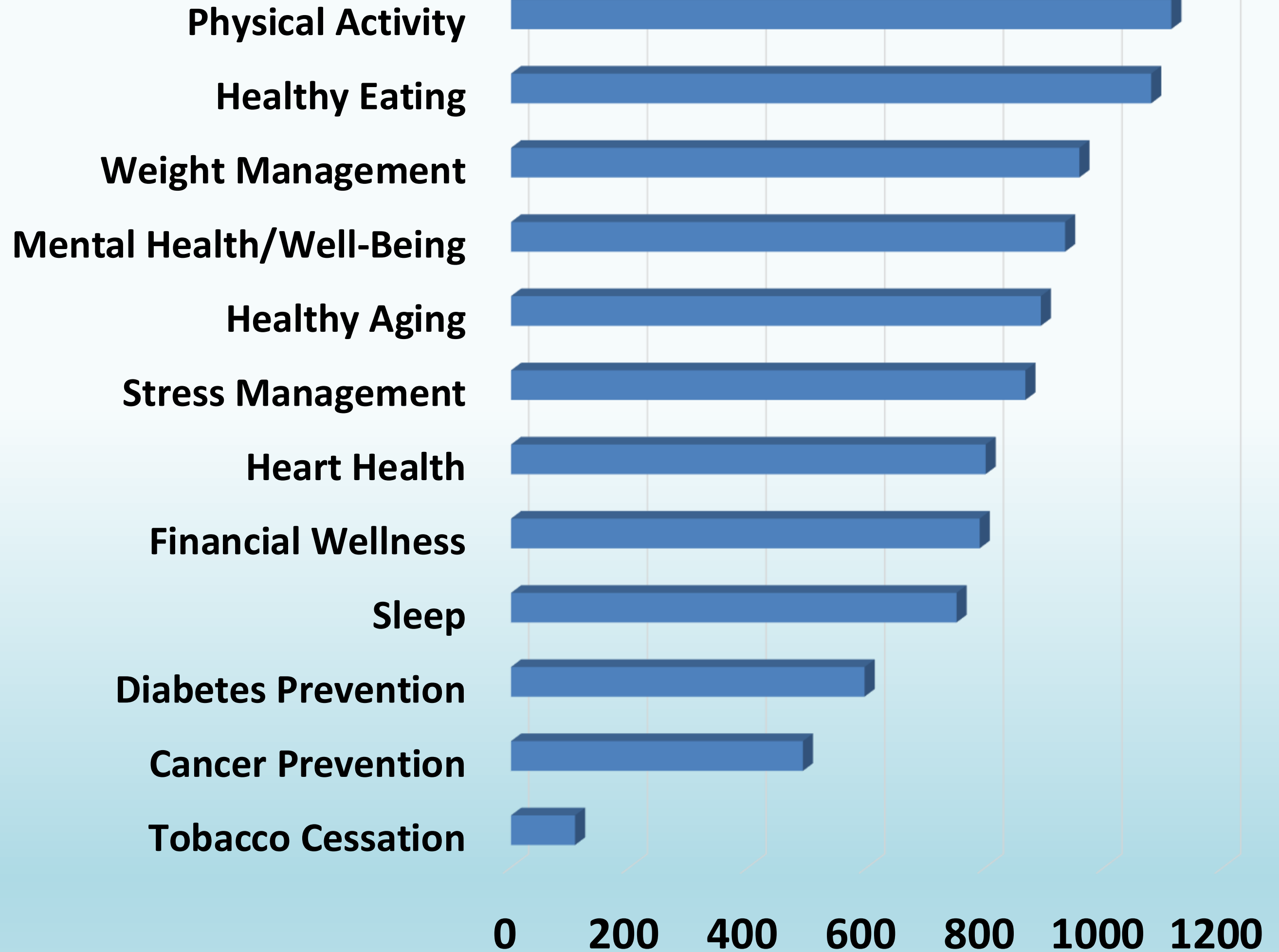
- 15-30 minutes
- 1,274 responses (80%)

Which type of workplace wellness challenge(s) would you be most willing to participate in?

- Individual: 1,310 responses (82%)
- Group: 788 responses (49%)



# Topics of Interest



# Activity Time!

# Examples

<b>Instead of...</b>	<b>Try...</b>
<p>Bad (poor, junk, empty calories, cheat food, etc.)</p> <p><i>“Fries are bad.”</i> </p>	<p><i>TIP: Talk about the food/beverage objectively.</i></p> <p><i>“Fries are a higher calorie choice, and you are allowed to make different choices about what you want to eat for your health and goals.”</i></p>
Clean	Minimally processed



# Taboo!

WFHTN Food Talk Edition



## **RULES**

1. We will select someone and chat your CLUE WORD to you.
2. You will try to get everyone to guess your CLUE WORD without using one of the taboo words listed on the CLUE CARD.

*\*\*Clue cards will be shown on the screen and have a list of taboo words you can not say.*

# Example

**FRIES**

CLUE  
WORD

TABOO  
WORDS!

**bad  
poor  
junk  
empty cheat**

# Round 1

(Check your chat!)

**bad  
poor  
junk  
empty cheat**

# Round 2

(Check your chat!)

**good  
clean  
healthy  
superfood  
guilt-free**

# Round 3

(Check your chat!)

**good  
clean  
healthy  
superfood  
fattening**



# Upcoming Schedule

## April Wellness Council Webinar

Thursday, April 7 from 9-9:45 a.m. Central

## Quarter 3 Activity List

Due Thursday, March 31

*For our full virtual event list, please visit [tn.gov/wfhtn](http://tn.gov/wfhtn) and scroll down to 'Activities, Workouts & Webinars'.*



# Your Updates!



WHAT'S  
GOING  
ON?

# Questions?





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