



Wellness Council Webinar Notes

April 6, 2023

Welcome

- Hello everyone! Thank you for joining our April Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!

Today's webinar agenda includes:

- Team Update
- Activity Time!
- Quarterly Activity List
- What's New from WFHTN
- Wellness Council Spotlights
- Upcoming Schedule

Before we continue with today's webinar, we'd like to share some resources. Across our state, many are grieving last week's tragedy at The Covenant School and the tornado outbreak in Middle and West Tennessee.

We want to remind you we have resources available to help you, your co-workers and your families sort through your feelings about these events. Find additional information on Here4TN, your employee assistance program, at www.here4tn.com/content/cex-consumer/state-of-tn/en/member-benefits.html.

For parents, kidcentraltn offers information on helping children and teens get through difficult times: www.kidcentraltn.com/support/crisis-services-for-children/helping-children-through-a-difficult-time.html

Team Update

- Wellness Coordinator Morgan McFarlane is now Morgan Blake! She and her husband Ricky recently celebrated their one-year wedding anniversary at Disney World. If you need to contact her, please note her email address has changed to Morgan.Blake@tn.gov.

Mentimeter Activity

- 1) What year was National Humor Month founded?
 - a) 1966
 - b) 1976
 - c) 1986Answer: 1976



Larry Wilde, director of the Carmel Institute of Humor, comedian and author founded National Humor Month in 1976 to share the therapeutic benefits of humor with the world.

<https://nationaltoday.com/national-humor-month/>

- 2) True or False? Laughter can improve your immune system.
- a) True
 - b) False

Answer: True

Laughter can improve your immune system. Negative thoughts can affect your body by adding stress and decreasing your immunity. Positive thoughts can release chemicals in the brain that help fight stress and potentially more-serious illnesses.

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

- 3) True or False? Laughter yoga was created in India in 1995.
- a) True
 - b) False

Answer: True

Laughter yoga is a unique exercise program developed by a medical doctor, Madan Kataria where anyone can laugh for no reason without relying on humor, jokes or comedies. Studies have shown that the body can't tell the difference between fake and real laughter. We get the same health benefits from both. Since its creation, laughter yoga has spread across 110 countries.

<https://www.laughteryoga.org/about-laughter-yoga/>

- 4) What is the Tennessee state flower?
- a) Iris
 - b) Passionflower
 - c) Tennessee Coneflower
 - d) All the above

Answer: All the above

The Iris is the official state cultivated flower. The Passionflower and Tennessee Coneflower are the official state wildflowers.

<https://www.tn.gov/about-tn/state-symbols.html>

- 5) What is the Tennessee state fruit?
- a) Tomato
 - b) Pumpkin



- c) Apple
- d) All the above

Answer: Tomato

The tomato was designated as Tennessee's official state fruit in 2003. Happy 20th anniversary to the Tennessee Tomato!

<https://www.tn.gov/about-tn/state-symbols.html>

- 6) True or False? An estimated date for the last spring frost in Bristol, Tenn. is May 3.
- a) True
 - b) False

Answer: True

Spring growing start times vary across the state, with the earliest gardens being planted (hopefully) frost-free in the Memphis area around April 9.

<https://extension.tennessee.edu/publications/Documents/W346-B.pdf>

- 7) Is managing time spent on social media considered a stress management technique?
- a) Yes
 - b) No

Answer: Yes

Spending time on social media can become stressful. Time might best be spent enjoying visits with friends, being outside enjoying the weather or reading a book. If using social media at night, it may worsen sleep due to increased stress when your brain is trying to wind down for the evening.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-to-manage-stress>

- 8) True or False? AbleTo is an on-demand self-care app to help manage feelings of stress, anxiety, depression - and more! AbleTo is included in your Employee Assistance Program benefits.
- a) True
 - b) False

Answer: True

With AbleTo, you can access the latest coping tools, meditations and more at no additional cost to you — when and how you want. It's designed to help you understand your emotional well-being and reduce stress and worry.

<https://www.liveandworkwell.com?pin=Here4TN&redirectURL=/en/member/library/self-care.html>



9) True or False? Here4TN is our employee assistance program available to all benefits-eligible state employees and their eligible dependents, even if they're not enrolled in a health plan.

- a) True
- b) False

Answer: True

All Tennessee State Government employees, and members of your household, are eligible for EAP services, regardless of health insurance status. Members get five EAP counseling visits per problem, per year, per individual at no cost. Available in person or by virtual visit.

<https://www.liveandworkwell.com?pin=Here4TN&redirectURL=/content/en/member/benefits/eap.html>

10) What year was Earth Day created?

- a) 1950
- b) 1960
- c) 1970

Answer: 1970

In spring 1970, Earth Day was created as a way to put protecting the planet onto the national agenda. More than one billion people now participate in Earth Day activities each year, making it the largest civic observance in the world.

<https://www.epa.gov/history/epa-history-earth-day>

11) True or False? When recycling, you don't have to clean your recycling materials. You can just recycle items with food on them.

- a) True
- b) False

Answer: False

Food waste contaminates entire loads of recyclable material, making them useless and sending them to landfills. In the U.S., food waste contaminates 25 percent of our recycling loads. To do your part, make sure you're recycling clean, empty and dry materials.

<https://www.earthday.org/7-tips-to-recycle-better/>

12) The theme for Earth Day 2023 is:

- a) "Break Up with Plastic"
- b) "Hug a Tree Today!"
- c) "Invest in Our Planet"



Answer: "Invest in Our Planet"

This year's theme is "Invest in Our Planet". It highlights the importance of dedicating our time, resources and energy to solving climate change and other environmental issues. Investing in our planet is necessary to protect it and the best way to pave a path toward a prosperous future.

<https://www.earthday.org/wp-content/uploads/2023/02/ED2023-Action-Toolkit.pdf>

Quarterly Activity List

- We're kicking off Quarter 4!
- We have some suggestions to help you earn gold [Achievement Level](#) status this fiscal year.
- As a reminder, our team strives to ensure we're hosting and leading a variety of challenges, activities and resources, so all you need to do is promote them.
- Your Wellness Council activities are, of course, up to you to complete.

Here are some suggestions for April:

- We challenge you to Bloom into Spring from April 10 to May 7.
 - Join this steps challenge and see how much YOU can "bloom" over four weeks. The goal is to take as many steps as you can each week.
 - [Sign up](#) for the optional Microsoft Teams chat and/or weekly communications by Friday, April 7.
 - *Five participants chosen at random will win a prize!*
 - Note: Your other activities can be converted into steps for this challenge! A conversion sheet will be provided.

Share information related to:

- In honor of [Stress Awareness Month](#), learn ways to reduce stress:
 - [Yoga Video Resources](#)
 - [Here4TN Stress Topic Center](#)
 - [Resources for Managing Stress](#)
- Learn about [12 Vegetables You Can Regrow from Scraps](#) in recognition of [National Garden Month](#).

Activities and webinars to promote:

- In honor of [National Humor Month](#), [share your favorite joke](#). It could be featured on our social media! *Three participants chosen at random will win a prize!*
- [Stress Awareness Month Mindfulness Break with Morgan](#) on April 4 from 10:30-10:45 a.m. CT. [Download calendar invite](#)
- **4Mind4Body webinar: Your Debt-Free Game Plan** on April 12, 11:30-12:30 p.m. [Register](#)
- **Nobody Trashes Tennessee presented by Tennessee Department of Transportation** on April 14 from 10-10:30 a.m. CT. [Download calendar invite](#)



- **Meditation with Nat** on April 19 from 11:30 a.m.-12 p.m. CT. [Download calendar invite](#)
- **Laughter Yoga with Kristina** on April 21 from 10-10:20 a.m. CT. [Register](#). (Limited to 15 people and participants must agree to be on camera.)
- **Vegetable Container Gardening webinar** with Davidson County Master Gardeners on April 27 from 11:30 a.m. – 12:30 p.m. CT. Learn how growing plants in containers can expand your gardening options! Discover you can easily and successfully grow a variety of vegetables, flowers, and fruits in containers such as pots, tires and satellite dishes. [Download calendar invite](#)

Wellness Events

- Grab our April daily wellness calendar and events flyer with details on our Wellness Events webpage at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>

What's New from WFHTN

- **We want to celebrate you!** If you'd like to share your birthday with us, we want to celebrate you during that month's Wellness Council webinar. We've created a form to help us celebrate you:

https://stateofennessee.formstack.com/forms/wellness_council_member_birthdays

- **Budget Reminder**

- Just a reminder that each Wellness Council has a budget to use each fiscal year for prizes for specific wellness activities and events. The amount is based on division size.
 - Division A: \$200
 - Division B: \$150
 - Division C: \$100
- If you have a request, please only submit one request since we're in the last quarter of this fiscal year. We ask that you use Amazon or 4imprint for items. All requests must be submitted to your Wellness Coordinator by May 15.
- Finally, a reminder that we cannot purchase gift cards, vouchers or memberships of any kind. You can review all the budget request guidelines on our website:

https://www.tn.gov/content/dam/tn/wfhtn/documents/wellness_council_budget_request_form.pdf

- **2023 Annual Awards Celebration**

- This year's Annual Awards Celebration will be in-person on Thursday, July 20 from 10 a.m. – 12 p.m. CT at the [Tennessee State Library & Archives](#) located in downtown Nashville. Be on the lookout for a calendar hold from your Wellness Coordinator!

Wellness Council Spotlights

- **Department of Human Resources**



- **LeadTN Summit 1** – Wellness Coordinators Kristina and Lindsey joined LeadTN late February to lead a stretch break and share workplace wellness materials with attendees.
- **TN Administrative Professionals Conference** – Lindsey and Kristina teamed up again to support another Department of Human Resources event by scheduling a speaker with Optum and leading breathing exercises. We also got to meet some Wellness Council members in person!
- **St. Patrick's Day Event** – The Department of Human Resources Wellness Council also hosted a St. Patrick's Day event where they wore green, played trivia on "How much do you know about green foods?" and showed them off too.
- Department of Health – Employees at the Northeast Regional Office enjoyed time together at a 5K Shamrock Shuffle. Their team, Brummitt's Lucky Charms, raised more than \$1,400 for a local charity. Thank you to Department of Health Wellness Council member Ada Sloop for being a great role model in Northeast Tennessee!
- Department of Health wellness council member, Kelly Evans, took this cute picture of her Beginner's Luck green smoothie, a featured recipe in March. She wants everyone to know it's magically delicious
- Wellness Council member Anna Anderson, with Department of Military, hosted an onsite biometric screening which helped 19 Tennessee State Government employees receive their annual screenings.
- Department of Human Services employees were trained on CPR with Wellness Council member Denise Galben.
- Inspired by the Department of Human Services, the Department of Transportation held a Reusable Water Bottle Challenge. Twenty Department of Transportation employees shared pics of their water bottles. Some even had stories behind them! They gave a prize to a participant chosen from a random drawing.

Upcoming Schedule

- **May Wellness Council Webinar**
 - Thursday, May 4 from 9-9:45 a.m. CT
- **Quarter 4 Activity List (April - June)**
 - We encourage you to use us to help you meet your desired achievement level this quarter. Your Wellness Coordinator can track your Wellness Council's efforts and provide suggested strategies through the end of this calendar year. Please don't hesitate to reach out any time.
- *For our full event list, please visit <https://www.tn.gov/wfhtn/challenges/wellness-events.html>*

Your Updates



- If you haven't already, please let us know in the chat 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?

Questions

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

Thank you for joining our Wellness Council webinar! As always, please reach out to your Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!