

WFHTN Wellness Council Webinar Notes December 1, 2022

Welcome

- Hello everyone! Thank you for joining our December 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:
 - Just for Fun
 - Quarterly Activity List
 - What's New?
 - Wellness Council Spotlights
 - Focus Group Feedback
 - Upcoming Schedule

Just for Fun

Today, we are welcoming in the month of December – can you believe it!? Because it can be an extra stressful time of year, let's have a little fun before getting into the rest of our agenda today.

- Let's play a few rounds of our HEALTHY HOLIDAY SCAVENGER HUNT!
- I'll explain the rules in more detail momentarily, but the main idea is to find the items listed on the screen as fast as you can in 30 seconds.
- The only thing you need to be prepared for today is to move quickly and have your webcam ON if you'd like to claim a prize during today's scavenger hunt. 😊
 - So, if you'd like to participate for prizes, now is a good time to turn those cameras on so you're ready for our Healthy Holiday Scavenger Hunt.
- Here are the rules of the game:
 - Find both items listed on the slide as fast as you can.
 - The person who finds the correct items the fastest, wins the round!
 - To win the round, please use THE CHAT to let us know you've found all your items.
 - You'll be asked to share your scavenger hunt finds via webcam to claim your prize!
 - Let's do a practice round together.
 - PRACTICE ROUND: (a) Pen and (b) Smartphone
 - ROUND 1:
 - (a) Something in holiday colors (for example - Christmas: red and green, Hanukkah: blue and white, Kwanzaa: black, red and green, etc.)
 - (b) Something with a positive memory
 - ROUND 2:
 - (a) A holiday favorite (for example - movie, décor, etc.)
 - (b) Something relaxing
 - ROUND 3:
 - (a) Something that keeps you warm outside
 - (b) A warm beverage or drink container
 - TIE BREAKER (if needed for winners of rounds 1-3 only)
 - (a) Something that makes you smile
 - (b) Holiday song lyrics – you don't have to sing, but you do have to share 😊

Quarterly Activity List

- We are nearing the end of Quarter 2!
- 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 providing 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 December:
 - Share information related to:
 - [Health Benefits of Volunteering](#) (in honor of the Month of Giving)
 - Healthy Holiday Recipes
 - <https://www.tn.gov/wfhtn/resources/recipes/desserts/black-bean-brownies.html>
 - <https://www.tn.gov/wfhtn/resources/recipes/drinks/healthy-hot-chocolate.html>
 - <https://www.tn.gov/wfhtn/resources/recipes/sides/baked-latkes.html>
 - Activities and webinars that you can promote:
 - [Holiday Food Trivia!](#) - Thursday, Dec. 8 from 1-1:15 p.m. CT
 - We encourage employees to join us live, but this will also be made available AFTER our live game in case a state employee isn't able to join the fun live.
 - [Tips for a Healthy, Stress-Free Holiday](#) (presented by ActiveHealth) - Friday, Dec. 16 from 10-10:30 a.m. CT.
- Be on the lookout on Dec. 15 for the Quarter 3 Activity List from your Wellness Coordinator. After Dec. 15, you can also access it on our website: <https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html>.

What's New?

- **Wellness Events**
 - Grab our December daily wellness calendar, our December events flyer and see our virtual events on our Wellness Events webpage under the Activities & Challenges dropdown menu: <https://www.tn.gov/wfhtn/challenges/wellness-events.html>
- **Tennessee Department of Education Meditation Breaks**
 - We are excited to announce that we're bringing you weekly chances to clear your mind and meditate thanks to the Department of Education Wellness Council!
 - You can expect a livestreamed meditation video handpicked by TDOE Wellness Council members.
 - Please plan to join us on Thursdays from 11:15-11:30 a.m. CT.
- **Find Your Fitness Challenge: Sneak Peek!**
 - Let's kick the year off by finding YOUR fitness fit. This challenge consists of weekly tasks to help you uncover ways to be physically active that are enjoyable to you.
 - Challenge dates: Monday, Jan. 9 through Sunday, Feb. 5.
 - Sign up by Monday, Jan. 6 to join an optional Microsoft Teams chat with fellow participants and/or receive weekly communications.
https://stateoftennessee.formstack.com/forms/wfhtn_find_your_fitness_challenge
- **WFHTN YouTube Videos**
 - Our team continues to create new, informative and fun YouTube videos you can share and enjoy!

- Check out Lindsey's [satisfying, low-calorie snack](#) featuring the silicone popcorn popper several of you received back in July. (We still have these in inventory, and they would make great prizes for your next activity!)
- Be sure to check out these videos and share them with your employees. Subscribe to our YouTube Channel at <https://www.youtube.com/@wfhtn> so you never miss a new video!

Wellness Council Spotlights

- **Planksgiving**
 - The Planksgiving challenge just wrapped up yesterday. We had 214 participants from 22 agencies join us! We'll be determining winners in the next couple of weeks. Results will be shared soon!
 - Pictured: Sherron Perkins from Safety and Homeland Security with her grandbaby, Kyle Jones from Labor and Workforce Development showing off his Bugs Bunny socks and a group of Correction employees from the Sevier County Probation Office planking at the top of Mt. LeConte in the Great Smoky Mountains.
- **Fall Festival**
 - The Middle Tennessee Regional Office within the **Department of Intellectual and Development Disabilities** held a Fall Festival. This was an event that used to be held annually prior to the pandemic so it was wonderful to gather again. They enjoyed some delicious chili, had coloring stations and played some outdoor games which included an egg toss, 50- and 100-yard dash and a softball toss!
- **Potluck and Cornhole Challenge**
 - Staff at the Tennessee Commission on Aging and Disability hosted a Potluck and Cornhole Challenge event before the Thanksgiving holiday.
 - They also conducted 2022 Office Superlative Awards where every staff member had the opportunity to vote, and every staff member received an award. Superlatives included: "Most Likely to wear fun socks," "Most likely to see the positive in any situation," "Traveling Medic Award" and many more!
 - Also, shoutout to Lori Galbreath, their reigning Cornhole Challenge winner!

Focus Group Feedback

At last month's webinar, we shared that our team has been brainstorming ways to reach more state employees. Something we are considering is creating focus groups with employees from different agencies and regions of the state. We hope to gain feedback on programming, topics of interest, engagement and more. Today, we want to get your insight on the best ways to do this! Following today's discussion, you'll have the opportunity to [cast your vote](#) on what you feel might work best.

1. **Would focus groups be an effective way to gather more input on wellness topics, programming, engagement, etc.?**
2. **I'm willing to send a focus group survey to at least five employees in my agency who are NOT currently engaged with Working for a Healthier Tennessee.**
3. **Would a prize entice employees who don't normally engage with Working for a Healthier Tennessee activities to take a focus group survey?**
4. **What are the best ways to reach employees who have more restricted schedules?**
5. **Would *tailored* focus groups (i.e. employees in certain regions, employees who are normally away from desks, etc.) be feasible for your agency?**

Upcoming Schedule

- **January Wellness Council Webinar**
 - Thursday, Jan. 5 from 9-9:45 a.m. CT
- **Quarter 2 Activity List (October-December)**
 - We invite you to use us to help you meet your desired achievement level this quarter. Your Wellness Coordinator can track your Wellness Council's efforts, as well as 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!