



Wellness Council Webinar Notes

November 2, 2023

Welcome

- Hello everyone! Thank you for joining our November Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Reminder! We will be doing a 5-minute workout during today's webinar. If you'd like to participate and you haven't already signed our liability waiver, please do so now: https://stateoftennessee.formstack.com/forms/wfhtn_liability_waiver

Today's agenda includes:

- Moments of Wellness
- Quarterly Activity List
- What's New from Working for a Healthier Tennessee
- Wellness Council Spotlights
- Upcoming Schedule
- Your Updates

Celebrations

- Before we get into today's agenda, we want to celebrate you!
 - Please join me in wishing a very happy birthday to:
 - Our very own Kristina Giard-Bradford! Her birthday is Nov. 6.
- If you'd like to share your birthday or other celebrations with us, please let us know at:
https://stateoftennessee.formstack.com/forms/wellness_council_member_celebrations
- We also want to extend a warm welcome to these new Wellness Council members!
 - Department of Military
 - Anecia Monroe-Davis
 - Nathalie Elie
 - Department of Human Services
 - LaRosa Parks
 - Tennessee Courts
 - Lisa Angel
 - Joette Giroux

Moments of Wellness

The holidays are typically a very busy time of year. Today, I'll be guiding us through three moments of wellness that you could easily integrate into a staff meeting or



have a Wellness Coordinator help you facilitate. Each moment of wellness will be from one of our focus areas.

First, we'll start with physical activity. I have a five-minute workout video. This is something you could livestream during a meeting. For today, I invite you to join if you're able. (Play video: <https://youtu.be/hLXQXbXsZdl>) How do you feel after that workout?

Now, let's do a healthy eating focused moment of wellness. This is an activity you could easily incorporate into a meeting.

- Let's share! What's your favorite holiday dish? Please type in the chat what comes to mind immediately for you.
- Now that you've shared some of your favorite holiday dishes, I'm going to share some ways we can have healthier holiday parties. Try swapping out a few ingredients in your favorite recipes with some of these simple tips:
 - Try low-sodium vegetable broth in your mashed potatoes to add flavor and cut back on butter or margarine.
 - Substitute applesauce for oil, margarine or butter in muffins and quick breads such as banana bread. Try substituting a small amount at first, as too much may change the texture of the finished product.
 - For dips and sauces, try using fat-free yogurt in place of sour cream or mayonnaise.
 - Try sliced or slivered almonds as a delicious, crunchy topping in place of fried onion rings.
 - Choose reduced-fat or fat-free cheeses for salads and casseroles.
- Learn more tips: <https://www.eatright.org/food/cultural-cuisines-and-traditions/holidays-and-celebrations/helpful-tips-for-healthy-holiday-parties>
- During the holiday season it can be difficult to find time to slow down. In the next week or two, I encourage you all to try a [Mindful Eating Meditation](#) and [share what you learned from the exercise](#). Five participants chosen at random will win a prize!
- This is an example of how to incorporate two ideas from the quarter 2 Activity List into a meeting, in this case the [Healthy Tips for Healthy Holiday Parties](#) handout and the [Mindful Eating Meditation!](#)

Our final moment of wellness is a mindfulness break to focus on well-being.

- This exercise is quick and useful in getting a mindfulness practice started.
- This [Three-Minute Breathing Space](#) can be the perfect technique for those with busy lives and minds. The exercise is broken into three sections, one per minute, and works as follows:
 - **The first minute** is spent on answering the question "How am I doing right now?" while focusing on the feelings, thoughts and sensations that arise, and trying to give these words and phrases.
 - **The second minute** is spent on keeping awareness of your breath.



- **The last minute** is used for an expansion of attention outward from the breath, feeling the ways your breathing affects the rest of the body.
- Source: <https://www.mindful.org/the-three-minute-breathing-space-practice/>

Quarterly Activity List

- We are in the middle of **quarter 2** of **fiscal year 2024!**
- We have some suggestions to help you solidify 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 up to you to complete.
- **Here are some suggestions for November:**
 - Share:
 - [World Diabetes Day \(Nov. 14\) handout.](#)
 - [How to Help Someone Quit Smoking](#) in honor of the [Great American Smokeout](#) (Nov. 17).
 - [Helpful Tips for Healthy Holiday Parties.](#)
 - In honor of Nobody Trashes Tennessee's [No Trash November](#), encourage employees to join a trash pickup and share photos [with permission](#) to WFHT.TN@tn.gov
 - **Shred Your Stress Challenge:** Join us from Nov. 6-17 as we shred our stress! Sign up for the challenge by Friday, Nov. 3: https://stateofennessee.formstack.com/forms/wfhtn_shred_your_stress_challenge_signup. Five participants chosen at random will win a prize!
 - **Planksgiving Challenge:** Do planks and give thanks! Although this challenge has already started, it's not too late to participate. Grab the challenge tracker at https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn_planksgiving_challenge_2023.pdf.
- Go to <https://www.tn.gov/wfhtn/challenges/wellness-events.html> to grab the calendar invites for all these events with details!

What's New from WFHTN

- **New Wellness Calendar**
 - Grab our November daily wellness calendar on our Wellness Events webpage at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>.
- **Swag Inventory Survey**
 - We want to ensure we're keeping prizes in stock that you think are enticing employees to participate. In today's follow-up email, you'll receive a link to our swag inventory survey. Let us know your thoughts about possible prizes:
 - https://stateofennessee.formstack.com/forms/wfhtn_prize_inventory



Wellness Council Spotlights

- **Pick Tennessee Products Photo Contest**
 - We received wonderful photos for our Pick Tennessee Products Photo Contest!
 - Pictured:
 - The Pumpkin Patch category winner is Kelly Wood from the Department of Human Services.
 - The Homegrown Harvest category winner is Kendra Gipson from the Department of Finance and Administration.
 - The Farmers Market category winner is Theresa Bridges from the Department of Intellectual and Developmental Disabilities.
 - The Fall Recipe category winner is Tammy Driver from the Department of Health.
 - They are featured on our Facebook page: <https://www.facebook.com/WFHTN>
- **Breast Cancer Awareness Month**
 - Thank you to the Departments of Correction, Children's Services, Health and Mental Health & Substance Abuse Services for sharing your pink with us in honor of Breast Cancer Awareness Month!
- **Department of General Services**
 - Thank you to the Department of General Services for honoring Breast Cancer Awareness Month. During their hybrid wellness council meeting, Roberta L. White from the Department of Health gave a fabulous presentation on breast cancer prevention and the importance of regular screenings. Afterwards, they hosted a wellness break walk. Employees from General Services, Revenue and Environment and Conservation wore pink and walked around the Tennessee Tower. They even had three door prizes!
- **Department of Labor and Workforce Development**
 - The Department of Labor and Workforce Development hosted an October Bike Ride Challenge. Thirty-eight employees from 10 agencies joined the fun. Some participants joined a Microsoft Teams chat and shared photos and favorite bike ride locations.
 - Pictured on the left is Sherri Mays from the Department of Labor and Workforce Development. She shared this photo along with her advice for getting out and biking: "Step 1: Remove barriers by having the bicycle easily accessible. Step 2: Commit to riding on a daily basis when weather permits."
 - The photo on the right comes from a participant who shared about a bike ride at the Livingston County Trail System.
- **Department of Labor and Workforce Development**
 - A division within the Department of Labor and Workforce Development invited their Wellness Coordinator Morgan to their staff retreat. Morgan provided a Working for a Healthier Tennessee information booth throughout



the day and Here4TN was also able to attend. Toward the end of the day, Morgan led trivia and a mindfulness break.

- **Department of Transportation**
 - The Department of Transportation held a Diversity Fair and invited their Wellness Coordinator Morgan to attend and help with their health booth. It was a wonderful event!
- **Department of Agriculture**
 - The Agriculture Wellness Council held a Halloween Wellness Walk on Oct. 31. Employees could stop along the walking route to grab healthy snacks like granola bars, bananas and pretzels, as well as swag!
 - Pictured: Wellness Co-Chair, Elaura Guttormson, and a not-so-spooky black cat enjoying the beautiful fall day.
- **Department of Health**
 - The Division of Communicable & Environmental Diseases and Emergency Preparedness held their bi-annual statewide meeting at the Tennessee State Museum on Oct. 17. Wellness Coordinator Kristina was invited to lead a Yoga for All break during the day-long meeting.
 - Pictured here are Wellness Council members Jennifer Sanchez (bottom left) and Angela Allred (top right). One participant commented, "This made me realize how much 15 minutes of stretching/quiet time could help me refocus. Wonderful offering!"
 - Public Health Educators from across the state met for some team building on Oct. 18 and 19, with Kristina and Kayla with Working for a Healthier Tennessee both facilitating these activities at different locations. Pictured in the bottom corner, left to right, are Sharon Nelson, Heather Monroe and Pooja Chandelkar.
- **Tennessee Courts**
 - We would like to wish Connie Turner from Tennessee Courts a happy retirement! Pictured left to right is Connie's supervisor, John Cook, Connie Turner and Wellness Coordinator Kristina.

Upcoming Schedule

- **December Wellness Council Webinar**
 - Our team recognizes that December is a very busy time of year so the December Wellness Council webinar will be pre-recorded. We will share the recording via email the week of Dec. 4.
- **January Wellness Council Webinar**
 - Thursday, Jan. 11 from 9-9:45 a.m. CT
- **Quarter 2 Activity List (October-December)**
 - We're here to help you work toward 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.

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!