

WFHTN Wellness Council Webinar Notes November 4, 2021

Welcome

- Hello everyone! Thank you for joining our November 2021 Wellness Council Webinar.
 - Please go ahead and type your department or agency in the chat to let us know who you're representing!
- Today's webinar agenda includes:
 - Wellness Whiz Quiz
 - Quarterly Activity List
 - Self-Care During the Holidays
 - Now Available
 - Wellness Council Spotlight
 - November Health Observances
 - Upcoming Schedule
 - Sharing
 - "Team Talk" (optional)

Wellness Whiz Quiz

- Congratulations to our November 2021 Wellness Whiz, Assistant Commissioner Abby Sparks from the Department of Human Services!
- Here are our rules for the Wellness Whiz Quiz:
 - The first Wellness Council representative to get three out of the four answers correct using the chat feature will be crowned this month's Wellness Whiz.
 - In the event of a tie, a fifth question will be used as a tie breaker.
 - Please type out the complete answer.
 - This quiz is going to be about the WFHTN team. We're going to play this one a little differently. Since we know sometimes this is about who has the fastest fingers/internet connection, we're changing it up this month. This will be similar to calling into a radio station where caller #9, for example, is the winner. So, for each question, we'll call out a random, pre-determined number. To use the #9 as an example... before the question we would say, 'For this question, we are looking for the NINTH person who gets this correct!'"
 - Using the chat feature, let me know who's ready to play our November Wellness Whiz Quiz! For question one, we are looking for the FIFTH person who gets it correct.

1. What is one of Wellness Coordinator Lindsey's favorite TV shows?

1. Friends
2. New Girl
3. Parks & Rec

NEXT SLIDE: From Lindsey "One of my most favorite shows of all time is Parks and Rec. (Pictured: All the Leslie Knope gifts I received last Christmas!)"

For question 2, we are looking for the THIRD person who gets it correct.

2. True or False: JJ's family has a street named after them in Brooklyn, New York.

1. True
2. False

NEXT SLIDE: From JJ “*There’s a Joralemon Street in Brooklyn, NY. It was named in 1805 for Judge Tunis Joralemon, who owned a farm in the area and was the first to own a brick house in Brooklyn.*” This was a great, great, (not sure how many greats), grandfather!
For question 3, we are looking for the SEVENTH person who gets it correct.

3. What is one of Wellness Coordinator Morgan’s hobbies?

1. Canvas painting
2. Sewing
3. Playing cello

NEXT SLIDE: From Morgan “*I love getting to use my creative side and canvas painting is one of my outlets. It can be hard for me to shut my brain off but doing something like art can help me to tune out the world for a bit. I like to do guided paintings and free-hand.*”

For question 4, we are looking for the SECOND person who gets it correct.

4. Wellness Coordinator Kayla recently went ___ in St. John.

1. Shark diving
2. Snorkeling
3. Parasailing

NEXT SLIDE: From Kayla “*I recently went snorkeling in St. John.*”

For the tie breaker, we are looking for the FIRST person who gets it correct.

5. TIE BREAKER: True or False: Natalie moved around a lot as a kid because her Dad was in the military.

1. True
2. False

NEXT SLIDE: From Natalie “*I went to a different school every year from kindergarten until high school because of my stepdad’s job. My parents wanted me to go to the same high school all four years, so when I made it to 9th grade, we moved back to an area we all loved. I was able to reunite with some of my friends from 6th grade. Throughout the time we moved, we lived in lots of different areas in Georgia, North Carolina, Tennessee and Maryland. I always loved being the new kid! In fact, I still keep in touch with friends in most of the places we lived – going as far back as 2nd grade!*” By the way, he managed poultry plants.

WFHTN Quarterly Activity List

- We are in the middle of quarter two of the fiscal year! Quarter two includes October, November and December 2021.
 - We know that this time of year can get busy with all the holiday hustle and bustle, but we are here for you to help out and do the behind-the-scenes work for your health and wellness activities.
- **November 2021 Suggestions**
 - Here are some suggestions for November!
 - Starting with the top WELLNESS COUNCIL Focus Area row –
 - You can create your own and/or use the WFHTN Google Form survey to gather feedback about any activities you do. This counts as a COMMUNICATE activity for this focus area.

- When planning a challenge, webinar, etc. you can consider inviting other agencies to join. Your Wellness Coordinator can help you with this. This counts as an ENGAGE activity for this focus area.
- For the PHYSICAL ACTIVITY Focus Area:
 - The next #4Mind4Body webinar is on November 17 and it's all about [Cold Weather Exercising & Stretching](#). Sharing this information counts as a COMMUNICATE activity.
 - You can INSPIRE CHANGE by hosting a one-month [Planksgiving Challenge](#).
- For the HEALTHY EATING Focus Area
 - ENGAGE your co-workers by encouraging them to celebrate “National Clean Out Your Fridge Day” on November 15!
 - Before the holiday season is in full swing, consider hosting a one-week Food Journal Challenge to INSPIRE CHANGE. This challenge is simply about being *aware* of what you are eating. No one is asked to share their food log but will be asked what is one thing they learned by doing this challenge via a [WFHTN Google Form](#).
- That brings us to our last Focus Area, WELL-BEING.
 - You can COMMUNICATE with your co-workers about [Skin Care Basics](#) in honor of [National Healthy Skin Month](#).
 - You can strive to INSPIRE CHANGE by inviting your co-workers to test their knowledge with a short four-question [Tobacco-Free Living Quiz](#).
- We also wanted to provide you with some topic suggestions for webinars during the holiday season:
 - Holiday Survival Plan (WFHTN)
 - Healthy Eating During the Holidays (WFHTN)
 - Making the Holidays Happier (Optum)
 - Tips for a healthy, stress-free holiday (AHM)
 - The gift of better health (AHM)
- Again, we realize this can be a busy time of the year. Remember, your Wellness Coordinator can help you in many ways. We can draft emails, manage challenges, host/schedule webinars and more. You might also consider offering activities that employees can do on their own time such as recorded webinars, brain games, at-home scavenger hunts, crossword puzzles, word scrambles, etc.

Taking Time for You During the Holidays

- Let's take the time to talk about self-care. You're all giving people. We know that because you're on your Wellness Council. However, sometimes people who are giving forget about giving to themselves. I'm sure you've heard “self-care isn't selfish” and that's because it's a truth we all need to hear again and again.
- The most wonderful time of the year is known to prompt joy, but the reality is it may evoke stress as well. While this season is often associated with warm fuzzy feelings, many others get unpleasant feelings too. From Thanksgiving preparations until we ring in the New Year, self-care is essential to protecting yourself from the holiday blues.
- Here are tips from [Psychology Today](#) to help you protect your mental well-being when facing the stress of the season:

Make time for you

- During the holiday season, it's common to experience more activities on your social calendar. It's hard to practice self-care without the time. Some acts of self-care like breathing techniques

can be practiced while out and about, but self-care commonly requires a calmer, quieter environment. While some people may be fueled by the increased activity during the holidays, if you lean more toward introversion, intentionally blocking time for yourself is essential. Even for someone who is extroverted (i.e., gains energy from others), it's still important to take time for yourself.

Build your emotional intelligence

- It's common to feel overwhelmed by the energy of the holiday season. When you recognize this emotion, you may be tempted to sweep it under the rug. But it doesn't go anywhere, and it may actually grow and overpower you. On the other hand, being able to tap into your feelings allows you to use your emotions as signals. Noticing when you begin to feel overwhelmed can help you recognize that you need to do something. This might mean taking a break from conversation or devoting some time to yourself the next day.

Create healthy boundaries

- Boundaries are essential for our mental well-being. The holidays are often a prime time to practice your boundaries with others. A common mistake in enforcing boundaries is that they can be so strict that we may end up neglecting healthy connections. It's good to know when it's okay to let someone in who genuinely cares about you.

Focus on the present

- The holidays can be a time of reflection. It can also be a time that prompts worry and fear. Instead of revisiting the past or obsessing about the future, give yourself the gift of the present. Take time to set technology aside. Live in the moment as the best version of yourself.

Don't force change

- During the holidays many of us spend more time with loved ones than we normally do. For some this warmth and connection align well with self-care, but for others, this can serve as a distraction. Self-care does not mean you have to isolate yourself from your loved ones, but it's important to recognize when you prioritize someone else's wellness more than they prioritize their own. There are ways that you can help a loved one who might need help; however, research has shown that behavioral change is complicated and cannot be forced.

Practice gratitude

- Gratitude is an excellent coping skill because it can be practiced at any time. Thankfulness is a gift that you can give yourself, but you may also choose to share your gratitude with others as well. If you catch yourself falling into negativity during the holidays, try to reflect on all that you are grateful for, not to minimize your struggles, but to help you see what your struggles may be overshadowing. Choosing to share gratitude with others can improve bonding and can bring some positivity in your holiday gatherings.

Consider closure

- With the end of the year near, you may find yourself evaluating the months prior. As you prepare for the new year ahead you might realize there are obstacles to your mental wellness that you've been carrying that you no longer wish to hold. If you're ready and able, this is a great time to practice forgiveness. If your hopes are high, but you believe you're lacking the ability to address this concern, it may be helpful to consider seeking professional assistance to help you achieve closure in the future. Remember, Here4TN is available 24/7 to help.

Commit to growth

- The holiday season is a good time for self-exploration as you acknowledge the year behind you and the fresh year ahead. How have you made use of your strengths? How have you worked on your personal growth journey? Take time to embrace imperfection. Accept that no one is perfect; however, remember we all have the potential to grow. Instead of being hard on

yourself for not meeting any goals in the past year, make note of all that went well and use the remaining gaps to empower yourself to set self-loving goals for the year ahead. You might also consider shorter S.M.A.R.T. goals to have check-in times throughout the year to be able to adjust the goals as needed.

Now Available from WFHTN

- **Joy Jar (Team Building)** - A “joy jar” will help employees focus on the many joys in life and share their joys with their co-workers. There is scientific research backing the positive effects of daily gratitude! This activity can be done in-person or virtually (via a [WFHTN Google Form](#)) and for any amount of time you’d like (i.e., during a meeting, one week, one month, etc.)
- **Random Acts of Emotional Support Challenge (Tracker)** - This activity was designed to focus on showing genuine support for someone who is having a hard time with something, whether at work or home. Showing support for others can come in many forms. Whatever form it takes, your efforts can help uplift someone and improve their outlook and general wellness.
- **Catch Some Rays Challenge (Tracker)** - The goal is to get outside for up to 15 minutes daily to soak up the health benefits of sunlight (vitamin D). We’re used to hearing about how too much of the sun’s warm rays can be harmful to your skin. But did you know the right balance can have lots of mood-lifting benefits? Exposure to sunlight is thought to increase the brain’s release of a hormone called serotonin. Serotonin can boost your mood and help you feel calm and focused. According to the World Health Organization, getting anywhere from 5 to 15 minutes of sunlight on your arms, hands and face two to three times a week is enough to enjoy the vitamin D-boosting benefits of the sun.

November 2021 Holidays & Health Observances

- [American Diabetes Month](#)
- [Lung Cancer Awareness Month](#)
- [National Alzheimer's Disease Awareness Month](#)
- [Great American Smokeout](#) (November 18)
- [World Diabetes Day](#) (November 14)
- [National Clean Out Your Refrigerator Day](#) (November 15)
- [National Take a Hike Day](#) (November 17)
- [National Family Health History Day](#) (November 25)
- You can always access our National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/achievement-levels.html>

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
 - **Move More Challenge**
 - The Move More Challenge was a success! We had 399 employees from 21 state agencies participate and 100 of those employees completed at least two of the three goals each week.
 - Throughout the challenge participants sent in pictures and gave messages of encouragement, personal success and more. Multiple participants reported losing weight and two participants reported that throughout this challenge they have been able to keep better control of their blood sugar levels. Numerous people were thankful for the motivation and weekly goals. Several also mentioned they will continue to work on increasing their movement even beyond this challenge.

- **DGS Wears Red**
 - In honor of World Heart Day, the Department of General Services wore red to raise awareness about heart health. Their Commissioner, Christi Branscom joined in and is pictured in the top left photo alongside the DGS Wellness Chair Julie Hannah.
- **Labor & Workforce Development**
 - The Bureau of Workers Compensation within Labor & Workforce Development held their own version of Chopped. They would like to give a HUGE thanks to the Department of Human Services for the inspiration and guidance.
 - This screenshot captures all the judges, participants and emcee. They had more than 50 participants too!
 - The contestants were tasked with making a dish that had to include a dark leafy green and a whole grain. The emcee gave facts about the health benefits of each key ingredient as well. The three dishes submitted were:
 - Roasted Sweet Potatoes Stuffed with Quinoa and Spinach
 - Tabbouleh / Layered Lebanese Salad
 - Cabbage Rolls / Golabki
 - During the event they utilized the breakout room and polling features of Microsoft Teams. The judges collaborated and the audience was able to vote on superlatives.
 - The judges used a scoring system based on three criteria and the winner was the roasted sweet potato dish.
 - They plan to replicate this across their divisions!
- **Department of Children' Services**
 - The DCS Wellness Council hosted a two-week PACK YOUR LUNCH CHALLENGE in September. Here's what one participant said about their experience, "I notice I was able to eat healthier, saved a lot of money."
 - PICTURED: Bento box prize
- **Health**
 - The TDH Wellness Council hosted Laughter Yoga during Mental Health Awareness Week. Their own Wellness Co-Chair, Kristina G. Bradford, led the virtual event. Here is what she shared about Laughter Yoga:

What is Laughter Yoga?

- Laughter Yoga is not a comedy, it is an exercise program.
- We don't need to rely on jokes or a sense of humor. We do intentional laughter as an exercise to begin with, which turns into real and genuine laughter.
- When practiced in a group, laughter becomes contagious by watching each other laugh.
- No yoga mat or special attire is needed.
- Laughter Yoga is fun and for all fitness levels!

What are the benefits of laughter?

- Improves your mood
- Helps you cope with stress
- Soothes tension
- Laughter releases hormones that make you feel good

- **Revenue**
 - The Revenue Wellness Council brought a BE WELL IN OCTOBER CHALLENGE to their employees using WFHTN's Daily Wellness Calendar (which can be found under the Monthly Handouts section of our website <https://www.tn.gov/wfhtn/resources/monthly-handout.html>)! Their goal each week was to compete three out of five daily activities. Participants submitted an online submission form each week to get their name into a prize drawing for a Garmin wearable device. (Photos/selfies earned them extra entries!)
- **Department of Correction** showed their Breast Cancer Awareness support by wearing pink.
- Keep up the great work and please continue to share all your successes and photos with us. Don't forget, you can even send them to us directly on social media! Tag us or send them in a comment or a direct message.

Upcoming WFHTN Schedule

- **December Wellness Council Webinar**
 - Thursday, December 2 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central
- **Quarter 2 Activity List**
 - Due Friday, January 7

Your Updates

- If you haven't already, please let us know in the chat which department you're representing.
- Let's take some time to share what's going on in your department. What wellness activities, challenges or programs would you like to share?
 - Agriculture
 - Children's Services
 - Commerce and Insurance
 - Commission on Aging and Disability
 - Correction
 - Economic and Community Development
 - Education
 - Environment and Conservation
 - Finance and Administration
 - Financial Institutions
 - General Services
 - Health
 - Human Resources
 - Human Services
 - Intellectual and Developmental Disabilities
 - Labor and Workforce Development
 - Mental Health and Substance Abuse Services
 - Military
 - Revenue
 - Safety and Homeland Security
 - TBI

- TennCare
- TN Courts
- Tourist Development
- Transportation
- Tricor
- TWRA
- Veterans Services

Questions

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

Remember, stick around for our "Team Talk" if you'd like! If you need to leave this meeting, thank you for attending today's webinar!

Team Talk

- Welcome to our Working for a Healthier Tennessee Team Talk!
- Again, this opportunity is optional, but can be a different way to connect with fellow Wellness Council members across agencies and brainstorm with one another.
- As you can see, we already have some topics thanks to your outreach to us. I will help facilitate the discussion and the WFHTN Team will chime in, of course. However, if you have other topics you'd like to discuss, please do! This is an open forum, and we are here to help.
- Let's start with...
 - **USING MICROSOFT TEAMS**
 - We have started using Microsoft Teams in different ways for challenges including:
 - Teams Chat
 - Creating a Team
 - Some notes about Teams Chat
 - People seem to really enjoy having this outlet
 - It does NOT work for a state employee who doesn't have Teams and/or a tn.gov account (like some Education employees)
 - Some notes about a Team
 - Not as many are familiar with how to navigate a Team
 - It can be created for something like a challenge because it would be for a finite amount of time.

Thank you for sticking around for our WFHTN Team Talk! We hope you enjoyed this opportunity to bounce ideas off one another. As always, please reach out to your WFHTN Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!