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WORKING FOR A HEALTHIER TN

November Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives.

Today's Agenda

Fun Fact Challenge

What's New with WFHTN

Poll Results

Wellness Council Spotlight

November Health Observances

Upcoming WFHTN Schedule

Sharing

WFHTN "Team Talk"

Fun Fact Challenge

November 2020

Congratulations to our October Fun Fact

Champ:

Cris Pollard

(Department of Mental Health &
Substance Abuse Services)



Fun Fact Challenge

The Rules

The 1st Wellness Council representative to get 2 out of the 3 answers correct using the chat feature will be crowned this month's **Fun Fact Champion**.

In the event of a tie, a fourth question will be used as a tie breaker.

Please type out the complete answer (A, B, C, etc. do not count).

Fun Fact Challenge!



Morgan McFarlane

Fun Fact Challenge!

Question #1

Who does Miles belong to?

- Kayla
- JJ
- Morgan
- Lindsey
- Natalie



Fun Fact Challenge!

Question #2

Who do Bella and Scooter belong to?

- Kayla
- JJ
- Morgan
- Lindsey
- Natalie



Fun Fact Challenge!

Question #3

Who does Hank belong to?

- Kayla
- JJ
- Morgan
- Lindsey
- Natalie



Fun Fact Challenge!

Question #4

Who do Maryn and Bruin belong to?

- Kayla
- JJ
- Morgan
- Lindsey
- Natalie



Fun Fact Challenge!

Tie Breaker!

Who does
Drummer
belong to?

- Kayla
- JJ
- Morgan
- Lindsey
- Natalie



WHAT'S NEW with WFHTN!?

Q2 (October-December) 2021 FY

Quarterly Checklist Progress

For the 2021 Wellness Warriors Award

Who's in the running after Q1?

DIVISION A
Children's Services
Correction
Environment & Conservation
Finance & Administration
Health
Human Services
Mental Health & Substance Abuse Services
Transportation

DIVISION B
Agriculture
Education
Intellectual & Developmental Disabilities
Labor & Workforce Development
Revenue
TN Bureau of Investigation
TennCare

DIVISION C
General Services
Human Resources

Q2 Quarterly Checklist

For the 2021 Wellness Warriors Award

Activity	Notes	✓
Share at least one post-challenge survey.		
Share the WFHTN monthly poll question .		
Attend at least two Wellness Council webinars and/or Water Cooler Talk.		
Hold at least one Wellness Council meeting (in-person or WebEx).		
Host at least one Here4TN or WFHTN webinar/lunch n' learn (can be live or recorded).		
Participate in an all-department challenge hosted by WFHTN or create your own four-week challenge .		

DUE: December 31st

November Activity Planner



	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	Share the WFHTN Monthly Poll Question for November with your department.	In honor of American Diabetes Month (November), encourage employees to learn their (or someone they love) risk for Type 2 Diabetes with this Risk Test .	Share Tips for Overcoming Exercise Barriers in recognition of World Diabetes Day (November 14 th).
	Date shared; other relevant details	Date completed; other relevant details	Date shared; other relevant details
15 POINTS	Participate in the November monthly WFHTN Wellness Council Webinar on Thursday, November 5 th at 9 a.m. Central. Click here for the meeting link.	On Thursday, November 19 th , for the Great American Smokeout , ask employees to complete a tobacco cessation sign and share a photo/selfie. a) #MyWhy b) #TheDayIQuit c) #WhyIDon'tSmoke	November 15 th is National Clean Out Your Refrigerator Day! Share this infographic with your co-workers and encourage them to share pictures of their cleaning process (with permission) with WFHT.TN@tn.gov .
	Date completed	Date completed; # of participants	Date completed; # of participants
30 POINTS	Promote AND participate in the Here4TN Scavenger Hunt (November 9-20). Link will be provided on November 9 th .	Host a virtual Gratitude Scavenger Hunt . Ask employees to submit their completed cards to WFHT.TN@tn.gov .	Encourage your co-workers to attempt to use a food journal for one week. They can use a Hunger/Fullness Food Journal and/or an Emotion Food Journal . Participants can log their participation on this Google Form .
	Date completed; other relevant details	Date completed, # of attendees	Date completed; # of attendees

Diabetes Risk Test



Here4TN Scavenger Hunt

Monday, November 9th at 8 a.m. Central

Prize!



Food Journal Challenge



	Example	MONDAY	TUESDAY	WEDNESDAY
MEAL	<i>Toast with peanut butter Banana</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:
MEAL	<i>Black beans & rice Sautéed vegetables Mango yogurt</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:
MEAL	<i>Burger Fries</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:
SNACK(S)	<i>Apple in the morning Popcorn in the afternoon</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:
BEVERAGES	<i>Green tea Water Wine</i>			
	Hunger: 1 2 3 4 5 Fullness: 1 2 3 4 5	Hunger: Fullness:	Hunger: Fullness:	Hunger: Fullness:

Assess your hunger level BEFORE each meal/snack/beverage with 5 being the hungriest and 1 being the least.
Assess your fullness level AFTER each meal/snack/beverage with 5 being the fullest and 1 being the least.

Have a Healthy Holiday!

HAVE A HEALTHY HOLIDAY!

The holidays are filled with fun events but sometimes the holidays also come with issues such as stress and depression. Join us and tackle holiday stress with stress-busting activities!

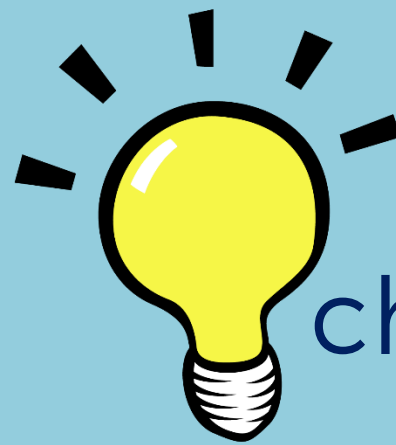
DECEMBER 7TH-18TH

Click [HERE](#) to register by Friday, November 13th

WORKING FOR A HEALTHIER TN

Stress-Busting Activities	✓ activities as you complete them		
Relax for 5 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nature Break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10-Minute Activity Break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindfully Eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Challenge Ideas from YOU!



Do you have an idea for a challenge and/or could share some of your expertise?

Let us know!

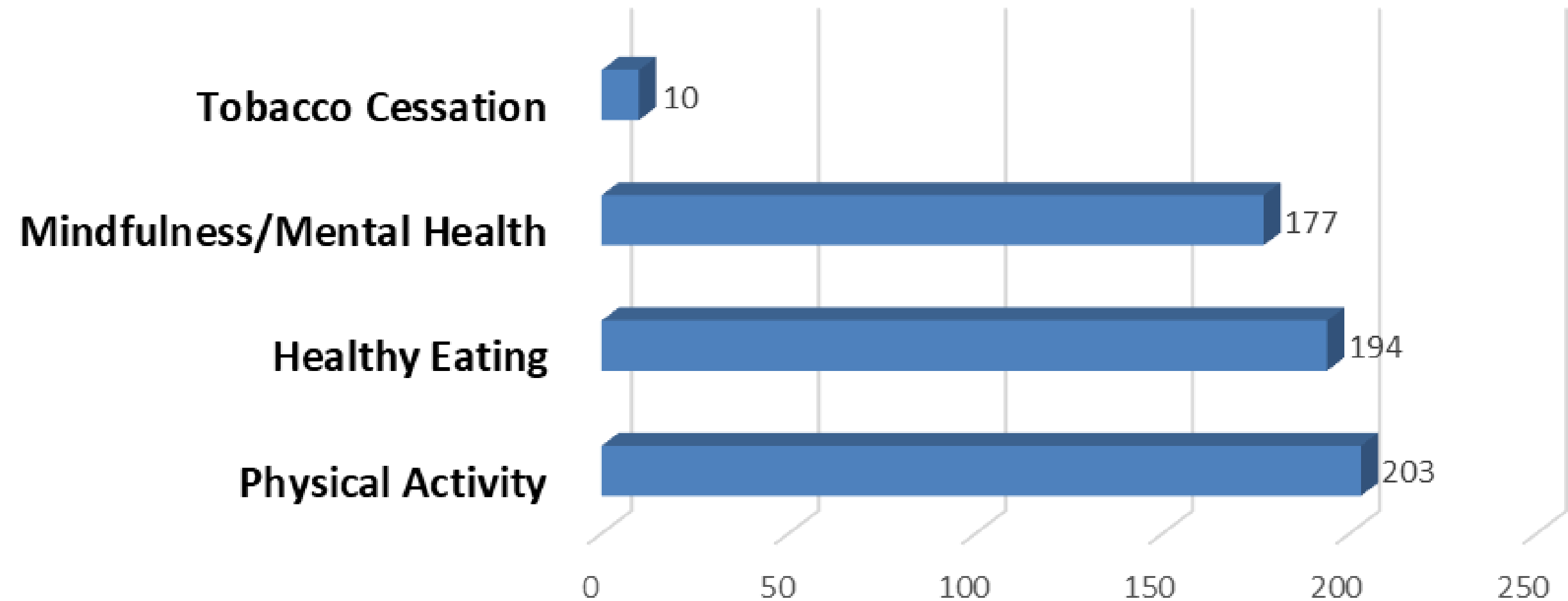
Poll Results!

August & September

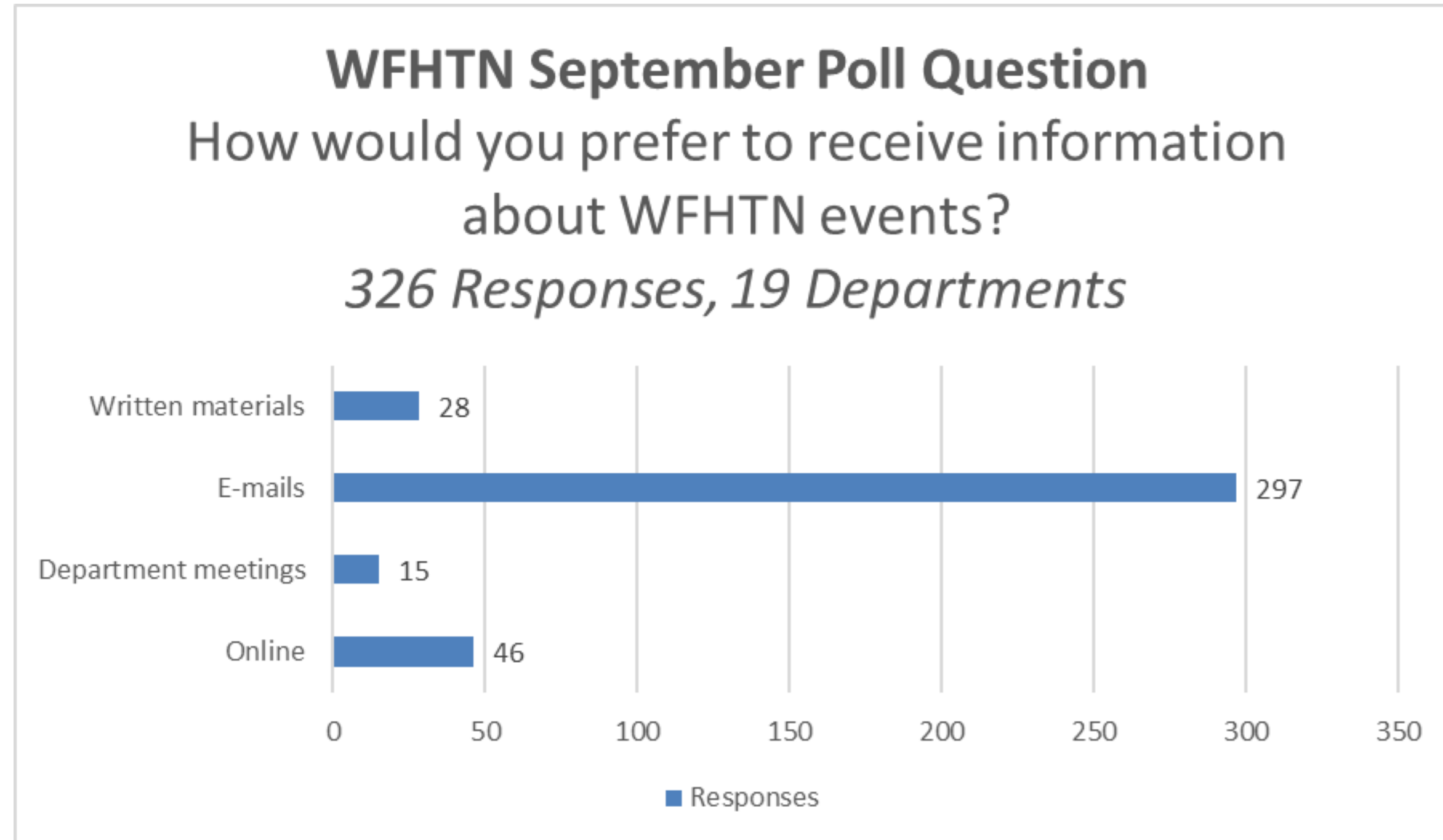
Poll Results!

WFHTN August Poll Question

What types of WFHTN challenges would you participate in?
278 Responses, 15 Departments



Poll Results!



Wellness Council Spotlight



Wellness Council Spotlight



WORKING FOR A HEALTHIER TN

CELEBRATE A HEALTHIER YOU!

September 1st-30th

Join us in September as we celebrate all that makes YOU healthier. This challenge is about *overall* wellness (mental health, physical health, nutrition and more). Each day you will engage in a different healthy habit. Register to participate: [CLICK HERE](#)

Congrats to the Department of Safety & Homeland Security!

Wellness Council Spotlight

Department of General Services

Pumpkin Recipes



Wellness Council Spotlight

TennCare

ActiveHealth Management Webinar



Overcoming emotional eating

Healthy You session

An ActiveHealth Management® presentation



The information provided by ActiveHealth Management's care management programs, health and wellness programs are general in nature. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers. Contact your doctor first with any questions about your health care needs. (9/20)

Wellness Council Spotlight

ICU (I See You) Challenge

IDENTIFY
CONNECT
UNDERSTAND



CERTIFICATE OF COMPLETION

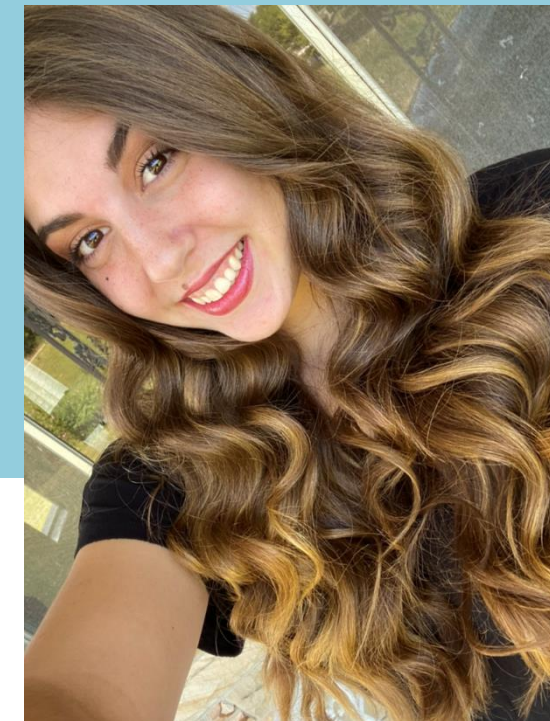
This certifies that

SHALIE GEROU

completed the ICU (I See You) Challenge - a workplace awareness campaign designed to decrease the stigma associated with the topic of mental health and foster a workplace culture that supports emotional health.

AMBER JACKSON, SRAS
TDH Wellness Chair

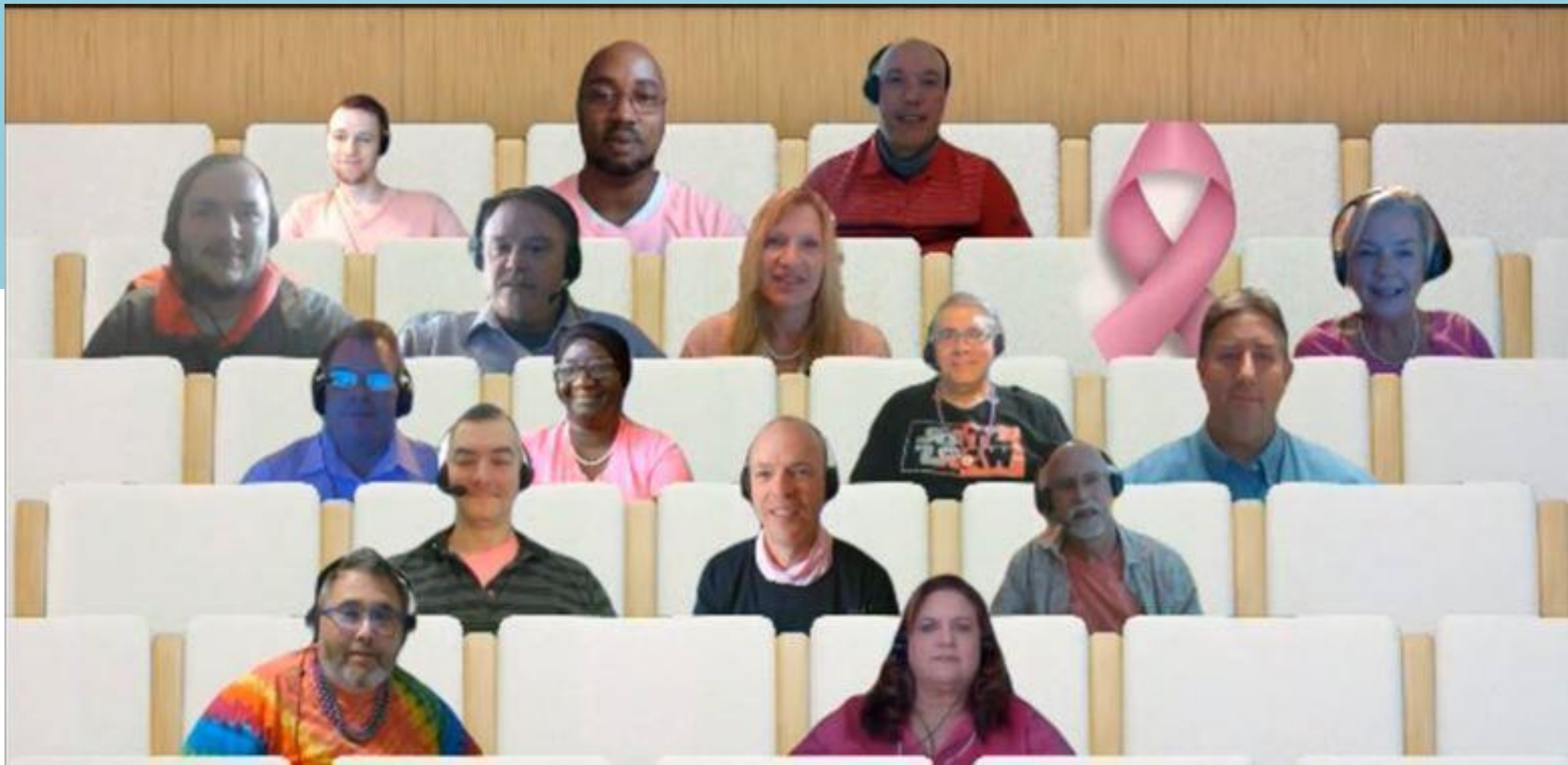
LINDSEY JOE, RDN LDN
WFHTN Regional Wellness Coordinator



Wellness Council Spotlight

Breast Cancer Awareness

Finance & Administration



Wellness Council Spotlight

Breast Cancer Awareness

General Services



Wellness Council Spotlight

Human Services

15-Minute WebEx Breaks



Mondays: A quick, relaxing guided meditation to start your week

Wednesdays: Short, physical activity videos

Thursdays: Let's take it back, waaaaay back, to fitness mavericks like Billy Blanks, Jane Fonda, Richard Simmons and Denise Austin. Get moving with a short video from one of them.

November Health Observances

- **American Diabetes Month**
- **Lung Cancer Awareness Month**
- **National Alzheimer's Disease Awareness Month**
- **Great American Smokeout** (3rd Thursday in November)
- **World Diabetes Day** (November 14th)
- **National Clean Out Your Refrigerator Day** (November 15th)
- **National Take a Hike Day** (November 17th)

Upcoming WFHTN Schedule

December Wellness Council Webinar

Thursday, December 3rd

9-9:30 a.m. Central

9:30-9:45 a.m. Central – *WFHTN Team Talk!*

WFHTN Holiday Challenge

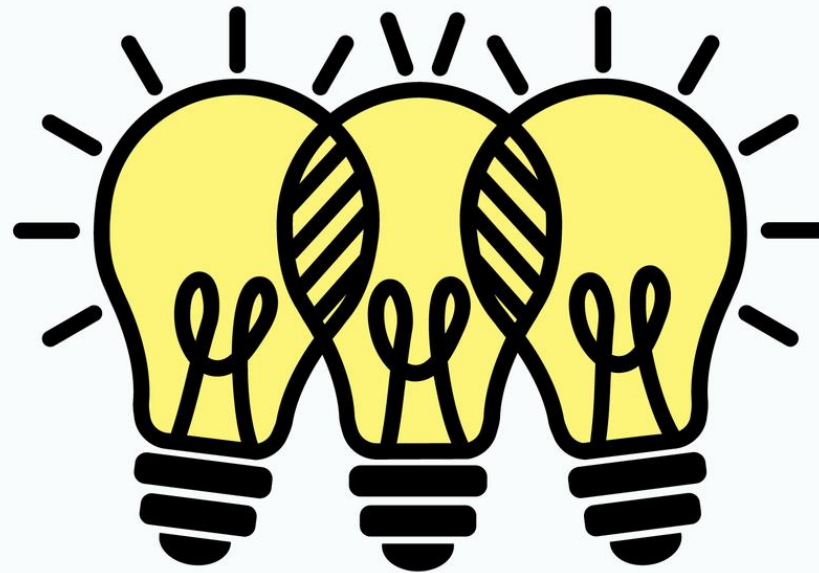
WFHTN's Holiday All-Department Challenge:

Have a Healthy Holiday

December 7th-18th



Your Updates



Questions



*Stay on for
“Team Talk”!*

WFHTN Team Talk

Today's Topics:

- **Reaching shift workers**
- **Utilizing technology for wellness events (ex: WebEx)**
- **How to ask your co-workers to participate, especially while remote**



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