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WORKING FOR A HEALTHIER TN

January 2021 Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives

Today's Agenda

Fun Fact Challenge

What's New with WFHTN

Wellness Council Spotlight

January Health Observances

Upcoming WFHTN Schedule

Sharing

WFHTN "Team Talk" (OPTIONAL)

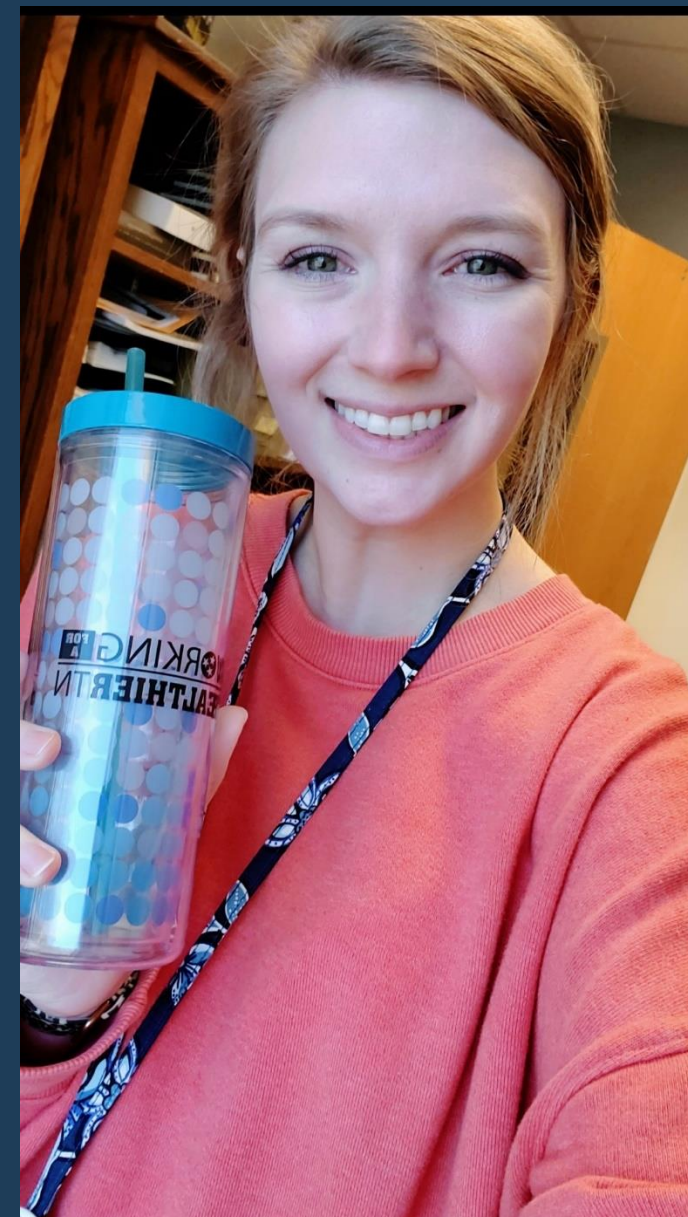
Fun Fact Challenge

Congratulations to our December Kahoot! Winners:

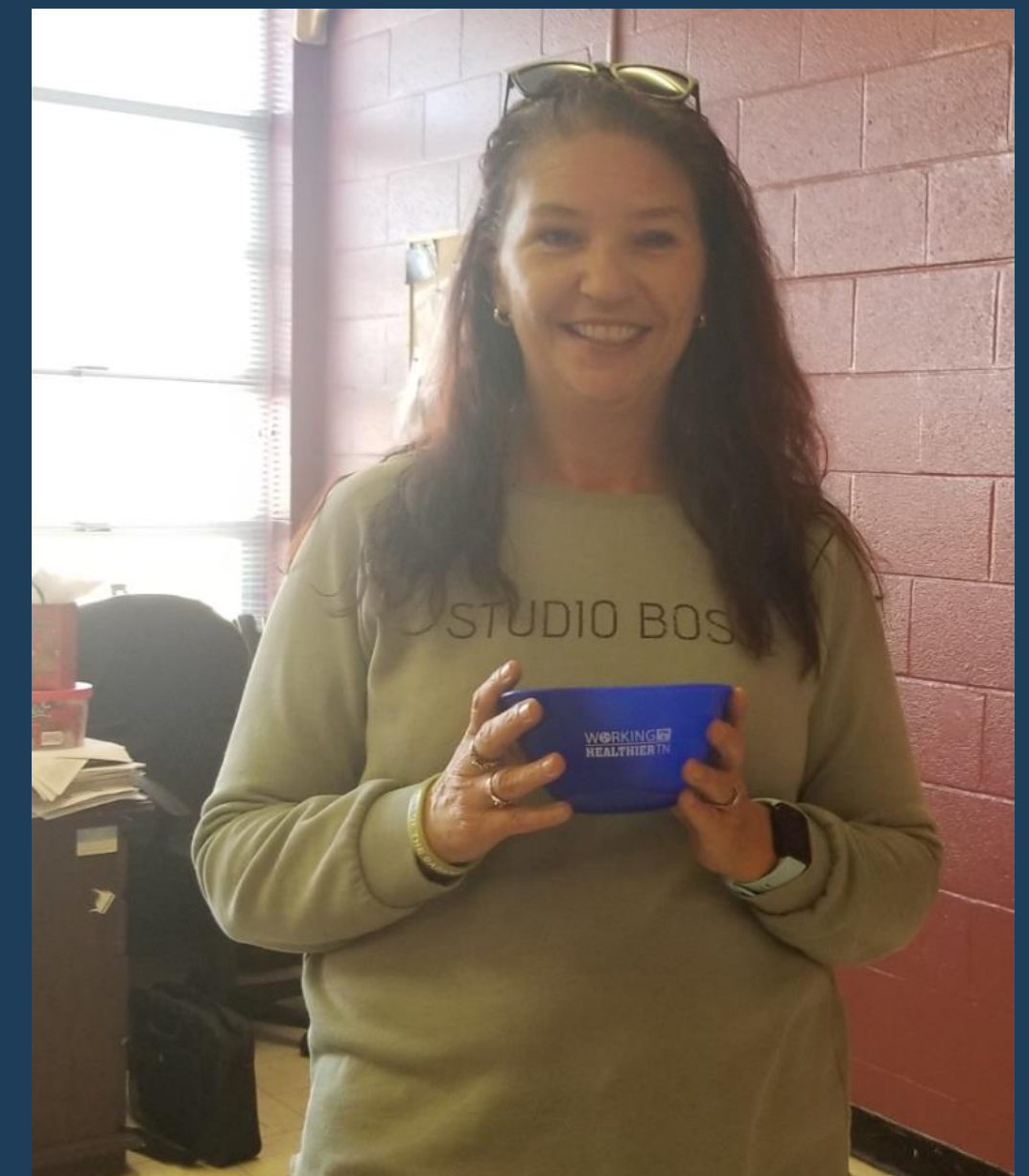
Cris (Mental Health & Substance Abuse Services)



Jaime (Health)



Shannon (Safety)



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.

You **MUST** type out the complete answer (A, B, C, etc. will not count).

Fun Fact Challenge!



Lindsey Joe

Fun Fact Challenge!

Question #1

- _____ can boost your immune system.
- Getting more than the recommended amount of vitamins
 - Physical Activity
 - Avoiding food packaging

Fun Fact Challenge!

Question #2

S.M.A.R.T. Goals are...

- Short, Manageable, Actionable, Realistic, Tough
- Specific, Measurable, Attainable, Realistic, Time-based

Fun Fact Challenge!

Question #3

TRUE or FALSE: You can swap applesauce for oil, margarine or butter in your favorite recipes?

- TRUE
- FALSE

Fun Fact Challenge!

Tie Breaker

FILL IN THE BLANK: Your _____ can be incredibly powerful because it serves as a guide for your ongoing financial decisions and ensures that you have enough cash for what matters to you.

- **ANSWER:** _____

WHAT'S NEW with WFHTN!?

Q3 Quarterly Checklist

For the 2021 Wellness Warriors Award

Activity	Notes	✓
Complete the WFHTN Wellness Council Survey .		
Offer prizes for a wellness challenge or activity.		
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 the All-Department Challenge hosted by WFHTN.		

DUE: March 31st

Wellness Council Budget Request

Q3 Quarterly Checklist



Wellness Council Budget Request Form

Name of Event:

Date of Request:

Date of Event/Activity:

Estimated Cost:

Estimated Number of Participants:

Quantity:

Use it OR lose it!

Q3 Quarterly Checklist

For the 2021 Wellness Warriors Award

Completed
Quarterly
Checklists (3)

Tournament for
the 2021
Wellness
Warriors Awards

2021 Wellness
Warriors Award
winner in each
Division (3)

Note: You will NOT be able to make up this quarter (Q3).

January Activity Planner

National Hobby Month

Fun and relaxation are good for your health!

Celebrate National Hobby Month (January) by sharing the [WFHTN Hobbies Resources](#).

Fun and relaxation are good for your health! Whether you're an artist, athlete, musician or movie buff, remember to make making time for yourself a part of your regular schedule. Learn about the benefits of hobbies and find resources [HERE](#).

VolunteerMatch
& TN Serves
Opportunities



Relaxation
Techniques &
Mindfulness
Tools

Taking Time
for Hobbies

LIVE Workouts with WFHTN

LIVE WORKOUTS with



Wednesday, January 6th
(9-9:15a.m. Central)
Click [HERE](#) to join the WebEx

Join us for a no-equipment
needed workout with WFHTN
Wellness Coordinator Kayla!



DATES:

~~Wednesday 1/6 @ 9 a.m.~~
Wednesday 1/20 @ 1 p.m.

Small Steps to Healthier Eating Challenge

Small steps can lead to big successes!

Encourage your co-workers to participate in the one week “Small Steps to Healthier Eating” challenge.

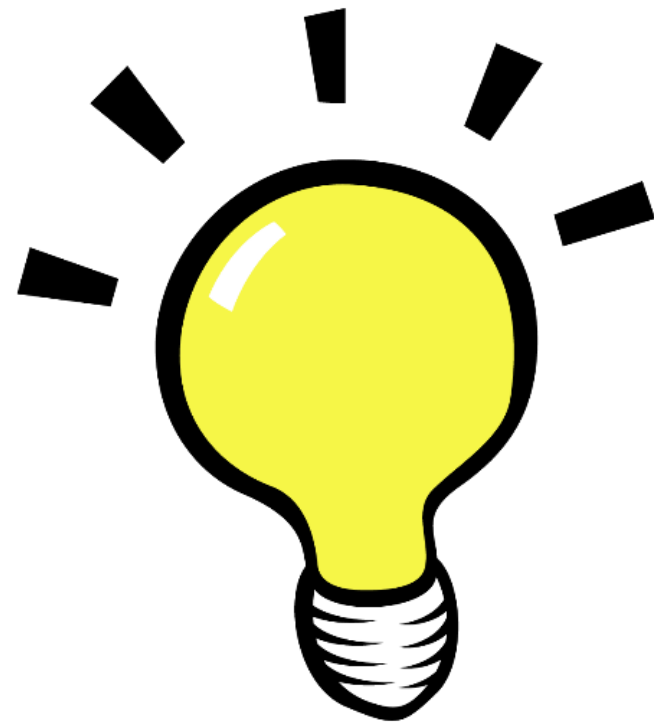


A Look Ahead



- **February 2021**
 - **WFHTN's 28 Days to a Healthy Heart Challenge**
- **March 2021**
 - **Happiness Fest**
 - **Here4TN Scavenger Hunt**

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



Let us know!

Wellness Council Spotlight



Wellness Council Spotlight

Congrats to the Department of Military and the Department of Tourist Development!



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

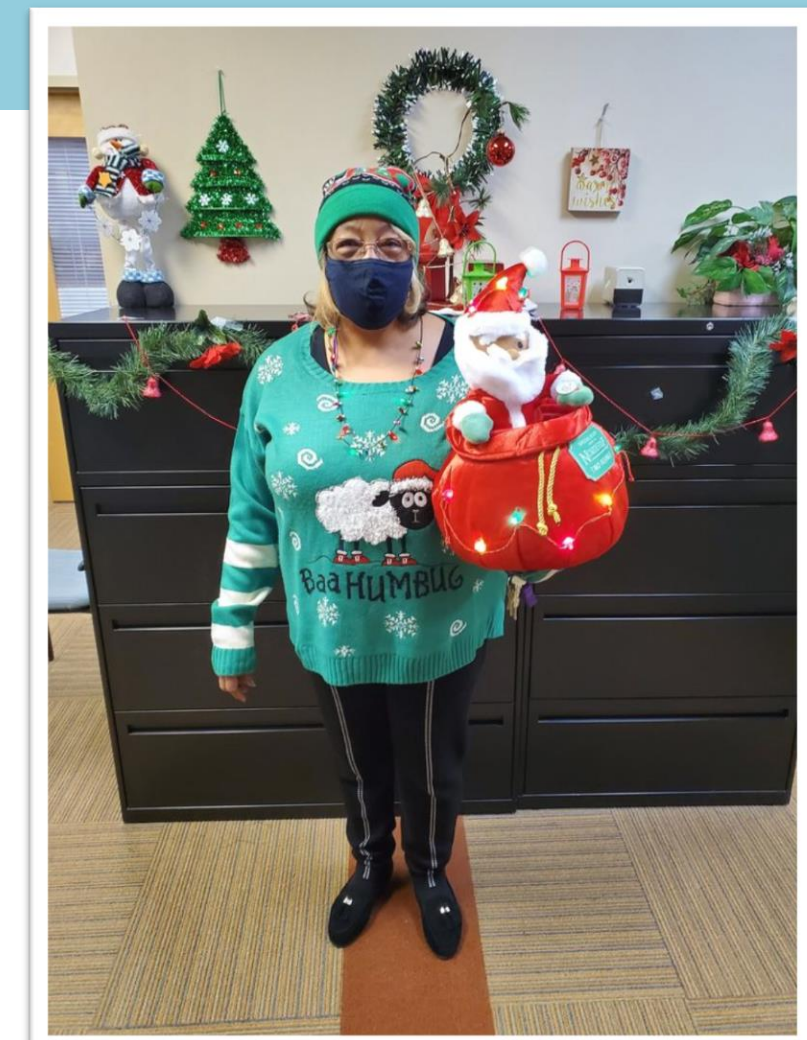
Click [HERE](#) to register by Friday, November 13th

WORKING FOR A HEALTHIER TN

Wellness Council Spotlight

Department of Mental Health & Substance Abuse Services

Virtual Ugly Sweater Contest & Holiday Card Swap



Wellness Council Spotlight

Department of Environment & Conservation

Food Drive: "Hunger Doesn't Take a Holiday"

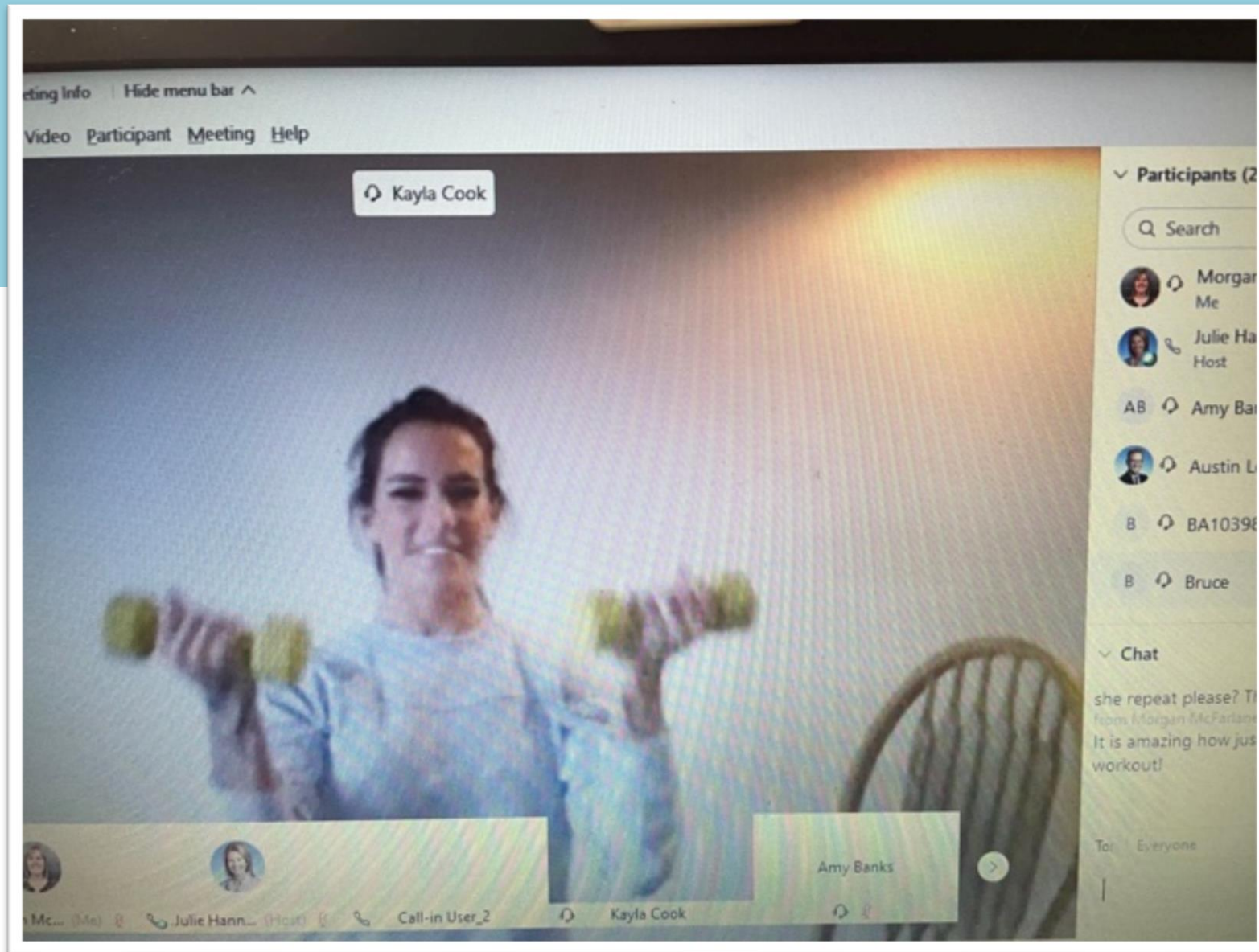
TDEC TOGETHER



Wellness Council Spotlight

Department of General Services

Virtual Wellness Break & Virtual Cookbook



Wellness Council Spotlight

Department of Economic & Community Development

ECD Gives Thanks



Wellness Council Spotlight

Stress Management Webinar

194 attendees from 7 departments!



“Thank you so much for providing these webinars. It's a nice break from work and helpful for people to focus on the importance of eliminating stress and self-care.”

January Health Observances

- Family Fit Lifestyle Month
- Healthy Weight Week (3rd week of January)

Upcoming WFHTN Schedule

January Activity Planner

DUE January 29th

WFHTN All-Department Challenge

28 Days to a Healthy Heart Challenge (February 1st – 28th)

Q3 (Jan-Mar) Checklist

DUE March 31st

February Wellness Council Webinar

Thursday, February 4th 9-9:30 a.m. Central
WFHTN Team Talk! 9:30-9:45 a.m. Central



Your Updates!



WHAT'S
GOING
ON?

Questions



*Stay on for
“Team Talk”!*

WFHTN Team Talk

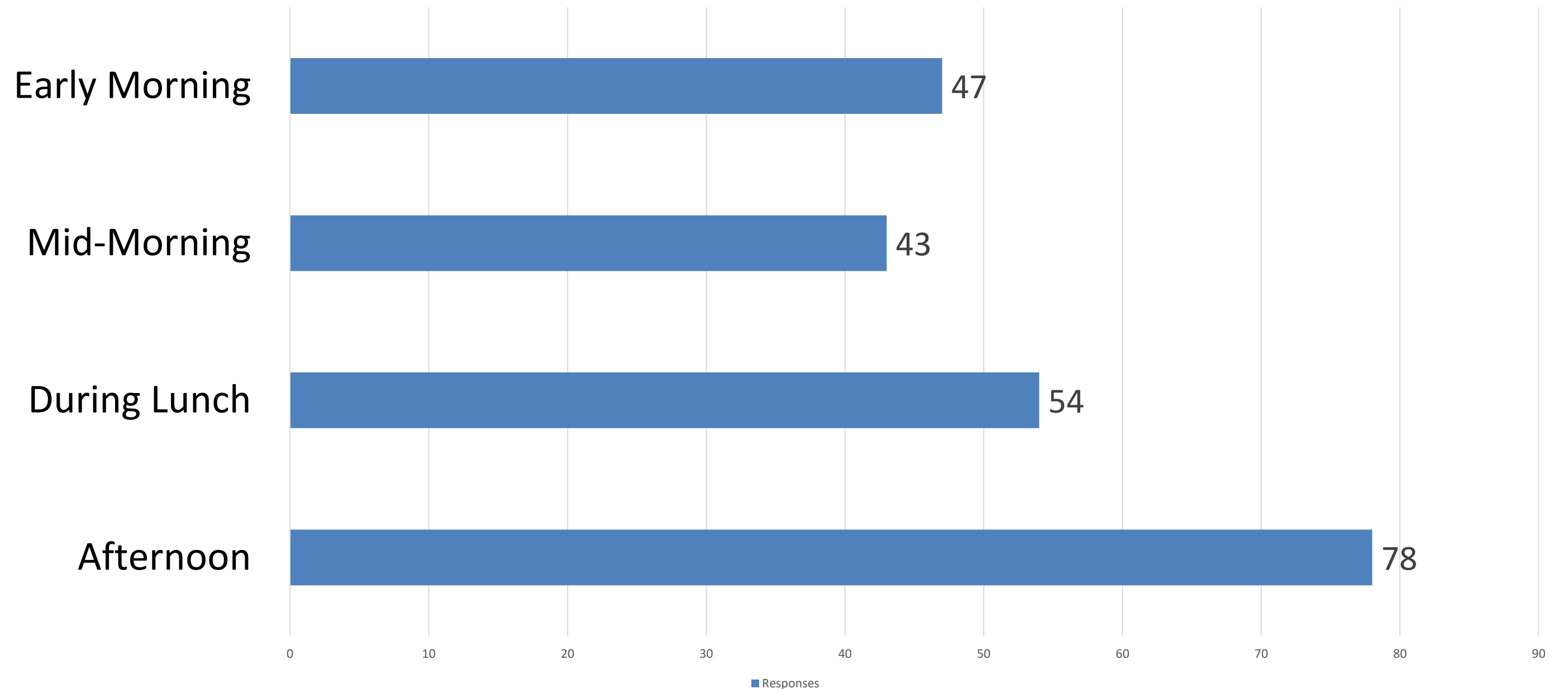
Today's Topics:

- **WFHTN monthly poll results**
- **Facilitating meetings with your Wellness Council**
- **Maximizing motivation with your employees**

Monthly Poll Results

- What time of day would be best for you to participate in a WFHTN activity?

WFHTN October Poll Question
194 Responses, 19 Departments

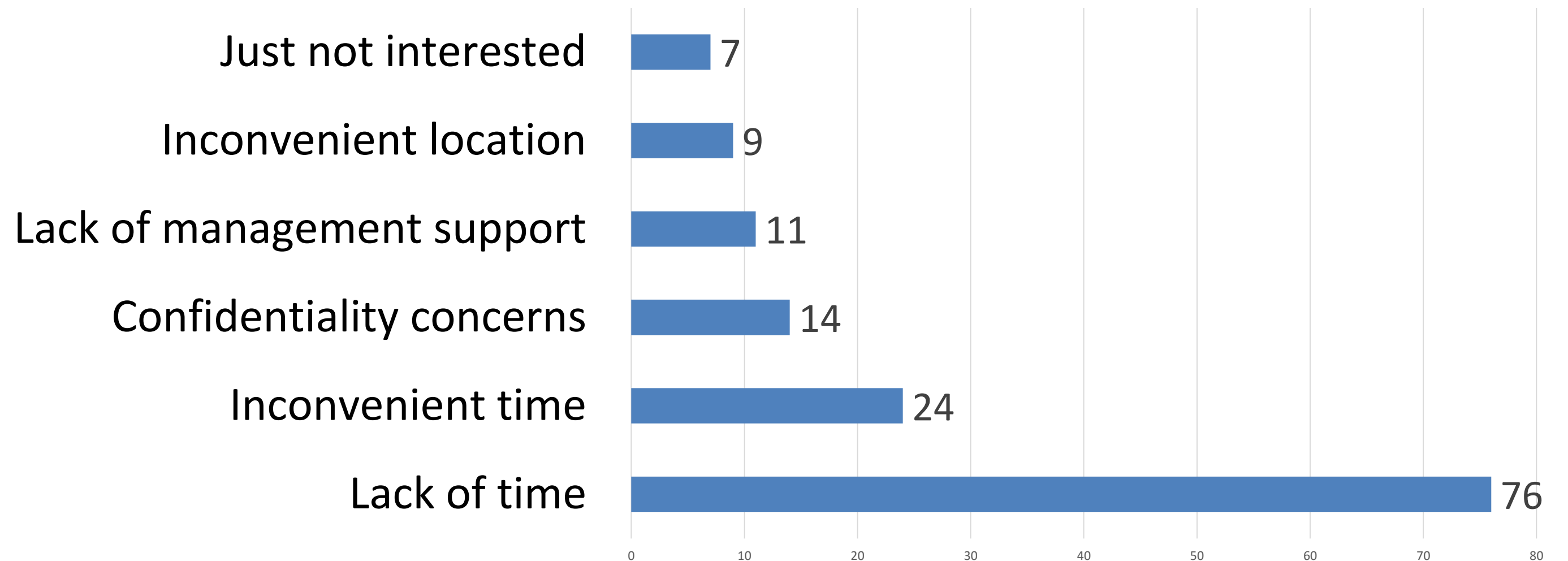


Monthly Poll Results

- What is the greatest barrier that prevents you from participating in WFHTN activities?

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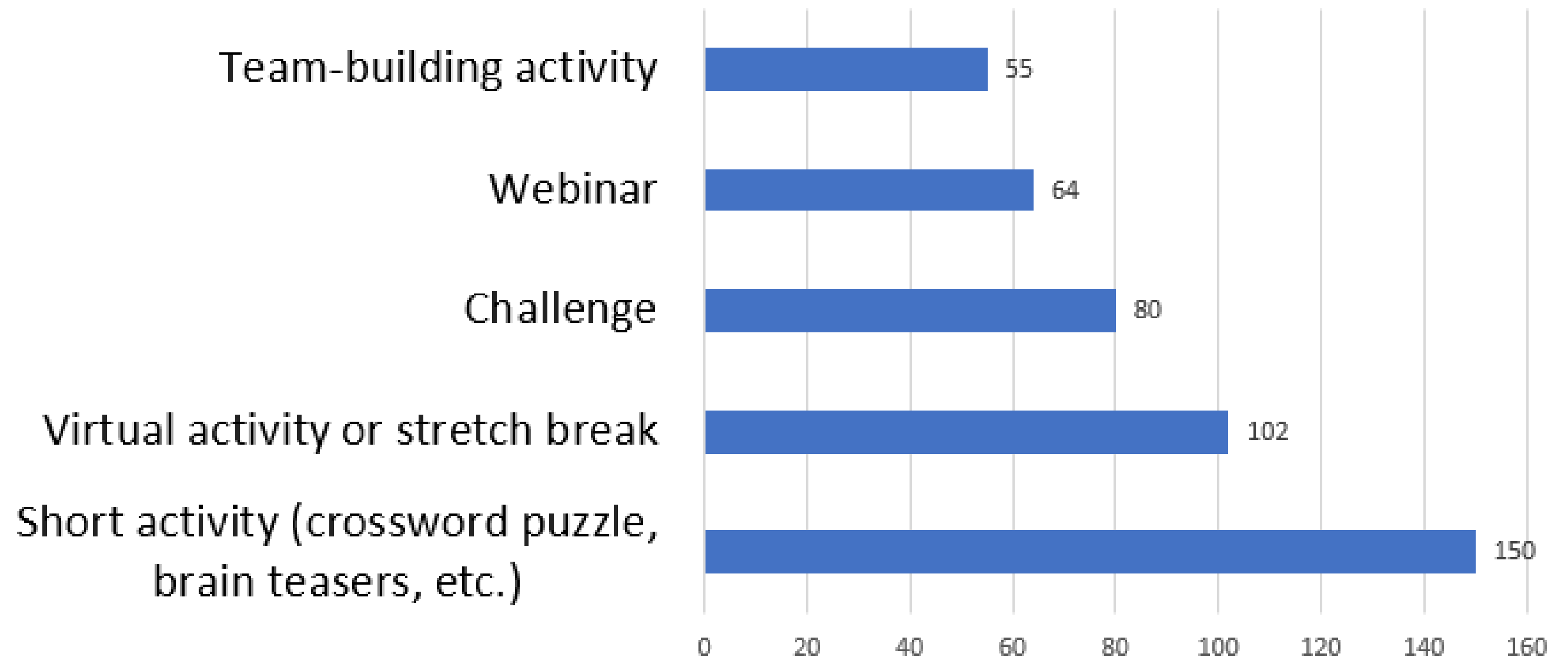
120 Responses, 15 Departments



Monthly Poll Results

What type of activity are you most likely to participate in?

230 Responses, 18 Departments



Facilitating Meetings

- Mode of meeting
 - Conference call vs. web conference
- Ground rules?
 - Example: Someone assigned to take minutes
- Engage other council members?

Maximizing Motivation

- “How to motivate yourself to change your behavior” <https://youtu.be/xp0O2vi8DX4>
 - 1) Social incentives
 - 2) Immediate rewards
 - 3) Progress monitoring



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