

Wellness Council Webinar

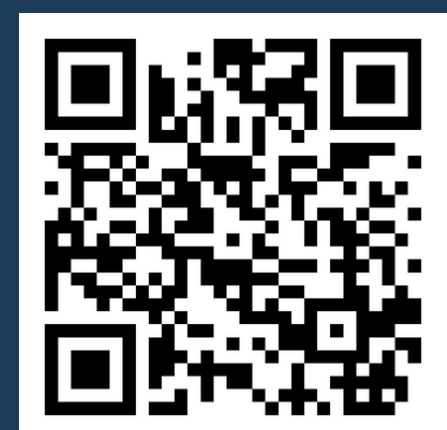
May 2024



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[@WorkingForAHealthierTN](#)



[@wfhtn](#)

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Celebrations**
- **Mental Health Month**
- **Quarterly Activity List**
- **What's New**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**

Celebrations

Celebrations

Abby Sparks - May 30
Human Resources



Celebrations!

Commission on Aging & Disability

Amanda Boulware
Lee Ann McKnight
Emily Lussier

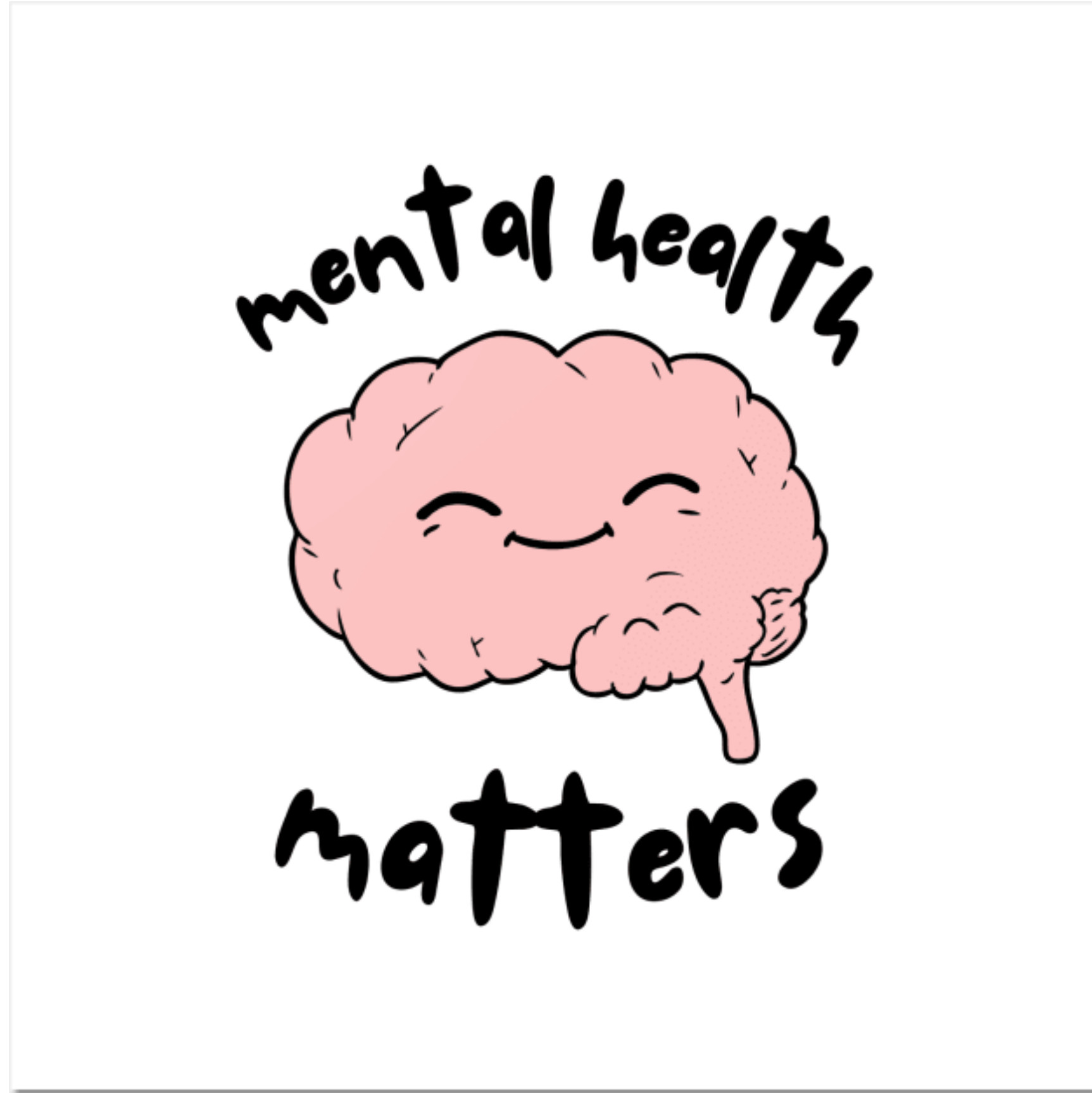
Tennessee Higher Education Commission

Elizabeth Heffington



Mental Health Month

Mental Health Month



Quarterly Activity List

Q4 Activities

Don't forget this row if you're aiming for Gold Achievement Level!



Focus Area	Communicate	Engage	Inspire change
<i>(Applies to related focus area)</i>	Share: <ul style="list-style-type: none"> Information on any national health observance. A WFHTN Monthly Handout. Resources and/or events from Here4TN or the Partners for Health Wellness Program. 	<ul style="list-style-type: none"> Encourage employees to complete a short activity (crossword puzzle, word search, etc.). Host a lunch 'n' learn or webinar (live or recorded) Host a virtual exercise or stretch break. 	<ul style="list-style-type: none"> Host a well-being, physical activity, healthy eating or tobacco cessation challenge. Share an employee success story. Schedule or host a healthy Team Building Activity.
Wellness Council	Share: <ul style="list-style-type: none"> This Q3 Activity List with your Wellness Council members. A post-activity or post-webinar survey after an activity or webinar. 	<ul style="list-style-type: none"> Attend the monthly WFHTN Wellness Council Webinars on Jan. 11 (Link to join), Feb. 1 and March 7 (Link to join February and March) Recruit a new Wellness Council member. Invite other agencies to participate in your activity, challenge or webinar. 	<ul style="list-style-type: none"> Host a Wellness Council meeting. Invite WFHTN to speak at an all-staff meeting or conference. Speak about your Wellness Council at an all-staff meeting.
Physical Activity	Share: <ul style="list-style-type: none"> Active at All Ability Levels handout. Information on physical activity and cancer risk in recognition of World Cancer Day (Feb. 4). 	<ul style="list-style-type: none"> Encourage employees to join a live Yoga for All class or Dance Break for a chance to win a prize! No equipment, camera or commitment required. Attend a live Office Exercises workout on Thursday, Feb. 8 from 12-12:15 p.m. 	<ul style="list-style-type: none"> Participate in WFHTN's 21 Days to a Healthier Heart Challenge from Feb. 7-27. Three participants chosen at random will win a prize and one will win a grand prize!
Healthy Eating	Share: <ul style="list-style-type: none"> Meal Planning Tips: Healthy Living on A Budget (3 minutes, 17 seconds). Create a Healthier Plate handout in honor of National Nutrition Month (March). 	<ul style="list-style-type: none"> Promote Healthy Eating Trivia on Tuesday, March 5 from 12-12:30 p.m. CT! Top three win a prize and one prize given at random! Encourage employees to complete the one-week Small Steps to Healthier Eating Challenge. 	<ul style="list-style-type: none"> Join WFHTN's Healthy Eating Virtual Scavenger Hunt. The first 15 to submit their forms, plus 15 participants chosen at random will win a prize. Link will be provided the week of March 4.
Well-being	Share: <ul style="list-style-type: none"> Monthly Wellness Calendar. Prevent Colon Cancer Throughout Your Life (March). 	<ul style="list-style-type: none"> Complete these Word Picture Puzzles by Jan. 31 for International Brain Teaser Month (January). Submit to WFHT.TN@tn.gov. Five participants chosen at random will win a prize! In honor of American Heart Month (February), encourage employees to share photos (with permission) showing off their red to WFHT.TN@tn.gov by March 1. 	<ul style="list-style-type: none"> Join WFHTN's Goal Getters group starting Jan. 8! Five participants chosen at random will win a prize! Share messages of appreciation in honor of Relationship Wellness Month (February). Submit using this form by Feb. 23. Join WFHTN's Employee Spirit Month (March) social media campaign! Tag us in your posts on Facebook or Instagram during March. Three participants chosen at random will be entered to win a prize!

May Activities & Info

- **Communicate**
 - [Eight Simple Steps for Good Health](#)
- **Engage**
 - Promote the [Intuitive Eating](#) 4Mind4Body webinar on Wednesday, May 8 from 11:30 a.m. – 12:30 p.m. CT
 - Promote our [Virtual Resource Showcase](#) on Thursday, May 9 from 11 – 11:45 a.m. CT
- **Inspire change**
 - [Host a Walking Meeting](#)

Activity Lists: www.tn.gov/wfhtn/achievement-levels/activity-lists.html

Weekly & Monthly Events

- **Stretch & Destress:** Mondays from 12-12:15 p.m. CT
- **Dance Break:** First Tuesday of the month from 12-12:15 p.m. CT
- **10-minute Fitness Break:** Wednesdays from 11-11:10 a.m. CT
- **Mindfulness Break with Nat:** Third Wednesday of the month from 11:30 a.m. -12 p.m. CT
- **Department of Children's Services Fitness Break:** Thursdays from 10-10:15 a.m. CT
- **Department of Health Mindfulness Break:** Thursdays from 11:15-11:30 a.m. CT

*Please note: Sometimes this schedule varies due to State holidays.










To add these events (and more) to your calendar go to <https://www.tn.gov/wfhtn/challenges/wellness-events.html>.

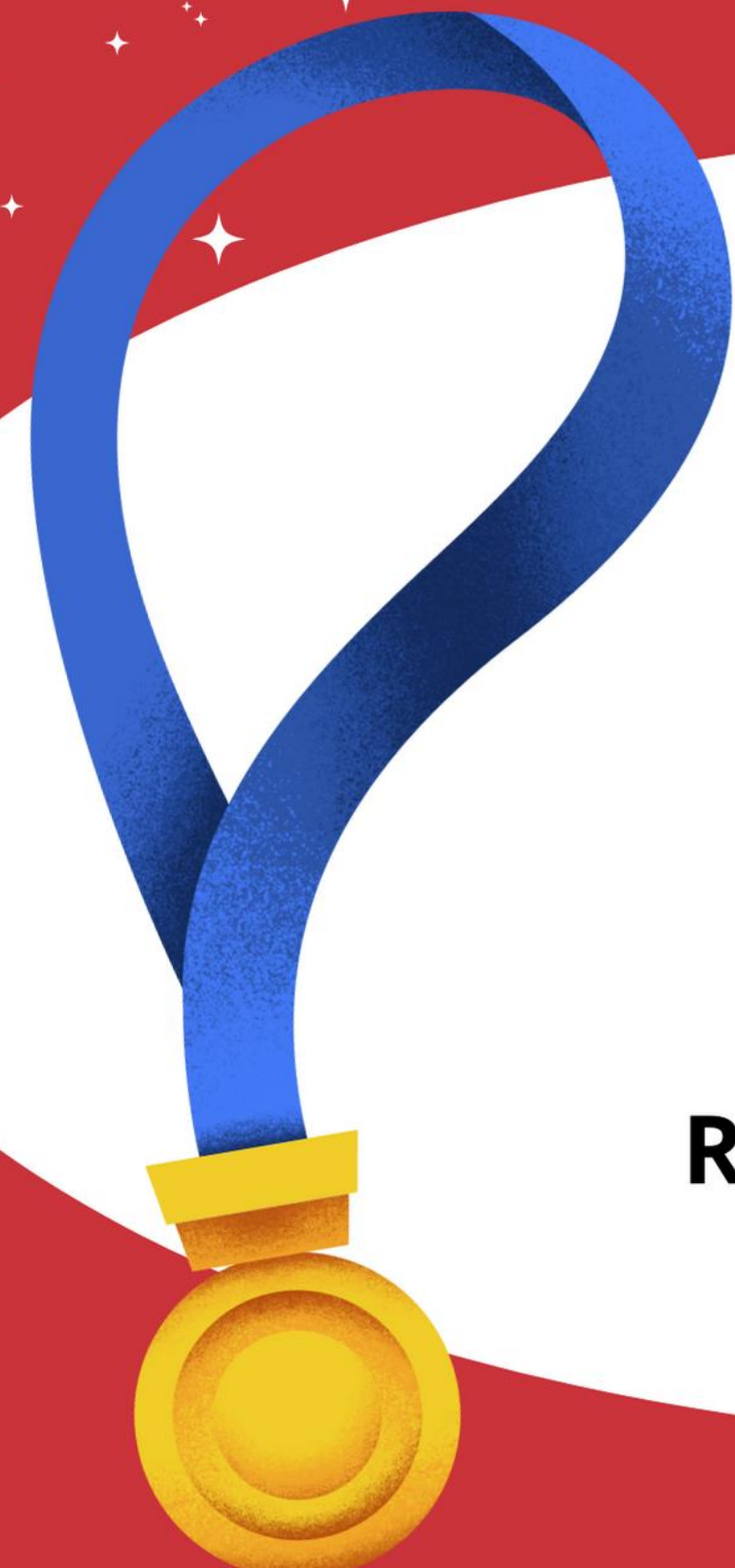
What's New?

May Wellness Calendar

Level Up in May



Week	Monday	Tuesday	Wednesday	Thursday	Friday
May 1-3	<p>Join Sharecare's Level Up Steps Challenge from May 1-31. To participate:</p> <ul style="list-style-type: none"> Log in to your Sharecare account or register at stateoftn.sharecare.com. Find Challenges under the Achieve icon. Look for the Level Up Steps Challenge and click Join. Track your steps at least 21 days from May 1 to May 31. 		<p>Take a Fitness Break with DHS from 11-11:10 a.m. CT (Calendar invite)</p>	<p>Are you familiar with the Partners for Health wellness program? <u>Learn if you're eligible to earn an incentive.</u></p>	<p>"You are never too old to set another goal or to dream a new dream." - C.S. Lewis</p>
May 6-10	<p> Get tips to help manage arthritis during Arthritis Awareness Month.</p>	<p>Join us for a Dance Break from 12-12:15 p.m. CT (Calendar invite) </p>	<p>One in five U.S. adults experience mental illness each year. Get the support you need during Mental Health Month.</p>	<p>Learn about free wellness resources at the Virtual Resources Showcase from 11-11:45 a.m. CT (Calendar invite)</p>	<p>Talkspace is your space. It's private, confidential, convenient, and it's included as part of your behavioral health benefits.</p>
May 13-17	<p>Join Stretch & Destress from 12-12:15 p.m. (Calendar invite)</p>	<p>Love chickpeas or garbanzo beans? Try them in a new way by falling for this falafel recipe! </p>	<p>Give your mind a break at Mindfulness with Nat from 11:30 a.m. – 12 p.m. CT (Calendar invite)</p>	<p>Take a Fitness Break with DCS from 10-10:15 a.m. CT (Calendar invite)</p>	<p>May is Mediterranean Diet Month.  We don't need to travel to enjoy its benefits!</p>
May 20-24	<p>Find support near you with the Optum Health Community Connector!</p>	<p>"No matter what you're going through, there's a light at the end of the tunnel." - Demi Lovato</p>	<p>New! Access recordings to our live events and view them at your convenience! Click on Video Library.</p>	<p>Join a Mindfulness Break with TDH from 11:15-11:30 a.m. CT (Calendar invite)</p>	<p>Access Optum Health's Emotional Wellbeing Solutions, or call 855-Here4TN (855-437-3486). </p>
May 27-31	<p> MEMORIAL DAY State Holiday</p>	<p>Sushi too pricey? Try making it at home with this Sushi Bowl recipe.</p>	<p>Follow us on Facebook!  /WFHTN </p>	<p>Celebrate sweet strawberries with Strawberry Banana Nice Cream. </p>	<p>Schedule a walking meeting with a colleague (virtual or in person) and email WFHT.TN@tn.gov by May 31 to be entered in a prize drawing!</p>



Save the Date!

July 24

**from 10 a.m. - 12:30 p.m. CT
Tennessee Tower**

Registration link coming soon!

Partners for Health Level Up Steps Challenge

Quarterly Challenges

The Partners for Health wellness program features quarterly challenges to help you build healthy habits throughout the year. Complete a challenge to earn \$10 (up to \$40 maximum).

Incentives are available for active state and higher education employees and spouses who are enrolled in medical insurance with Partners for Health.

CHALLENGE	MONTHS	GOAL
Healthy Plate Nutrition Challenge	March 1 – March 31	Track your meals for at least 21 days within the challenge period
Level Up Steps Challenge	May 1 – May 31	Track your steps for at least 21 days within the challenge period

Goal: Track your steps for at least 21 days from May 1-31.

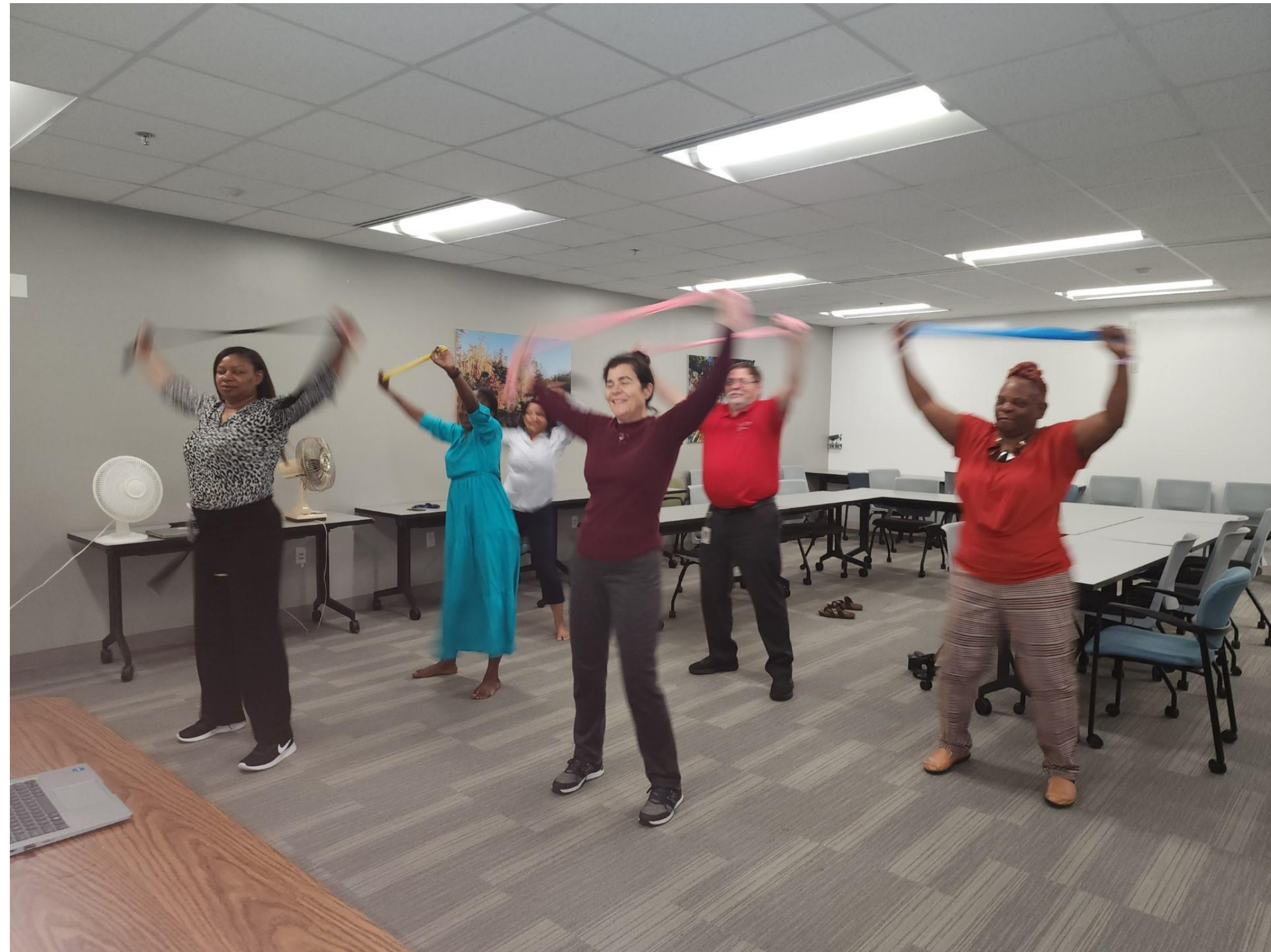
To participate:

1. Log in to your Sharecare account or register at **stateoftn.sharecare.com**.
2. Find **Challenges** under the **Achieve** icon.
3. Look for the **Level Up Steps Challenge** and click **Join**.

Wellness Council Spotlights

Weekly Workouts

Department of Children's Services



March into Spring Steps Challenge

**Department of
Economic & Community
Development**



March Madness Steps Challenge

Department of Labor & Workforce Development

March Madness Step Challenge

March 19, 2024 - April 8, 2024

Scoreboard

9	114	52	140	18	18	97	112
Team Admin: Auburn Tigers ♂ + LSU Tigers ♀	Team UI/Employment Security: Iowa State Cyclones + Iowa Hawkeyes (F)	Team WIR ² ED: Tennessee Volunteers ♂ + ♀	Team TOSHA: UConn Huskies ♂ + ♀	Team Adult Edu: Arizona Wildcats ♂ + ♀	Team WRC: Purdue Boilermakers ♂ + ♀	Team Workforce Services: Houston Cougars ♂ + UCLA Bruins ♀	Team BWC: North Carolina Tar Heels ♂ + South Carolina Gamecocks ♀



You're Invited to the Health Fair

General Services

- **Tuesday, May 21 from 7:00 a.m. – 4:00 p.m. CT**
- **Tennessee Tower Conference Center:** Rooms M, N, O & P on the 3rd floor
- Sneak peek of the fair
 - BCBS
 - Here4TN
 - Sharecare
 - Working for a Healthier Tennessee
- **Quest Diagnostics will be conducting Biometric Screenings from 7:00 a.m. – 12:00 p.m.**
 - **Register by Tuesday, May 7.**



Earth Day River Cleanup

Transportation

KEEP THE TENNESSEE RIVER BEAUTIFUL!

EARTH DAY AWARENESS WEEK
PRESENTED BY **NOBODY TRASHES TENNESSEE**
TENNESSEE DEPARTMENT OF TRANSPORTATION

5,228 lbs.
REMOVED BY
26 VOLUNTEERS



CHICKAMAUGA LAKE 4.18.24

Public Health Week

Health

Join at menti.com | use code 16 08 93 1

Why do you work in Public Health?

14 responses



National Garden Month

All Agencies



National Humor Month

All Agencies



Upcoming Schedule



Wellness Council Webinar

Thursday, June 6 from 9-9:45 a.m. CT

Your Updates



Questions





Don't miss an update!
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