



Wellness Council Webinar Notes

December 2023

Welcome

- Hello everyone! Thank you for accessing this special December Wellness Council webinar recording.
 - Even though we're not together live, we still want to touch base with you before the 2023 calendar year ends.
- This month's agenda includes:
 - Healthy Holiday Tips and Tricks
 - Quarterly Activity List
 - What's New from Working for a Healthier Tennessee
 - Wellness Council Spotlights
 - Upcoming Schedule
- We have a fun activity that you can participate in to let us know you watched this webinar recording!
 - "Where's the Working for a Healthier Tennessee team?". Spot Kayla, Kristina, Lindsey and Morgan throughout this presentation. Let us know which slides they appear on for a chance to win one of three wellness prizes!

Healthy Holiday Tips and Tricks

The holidays can be a hectic time of year. Your health and well-being might fall to the bottom of your priority list. This month, we're sharing our own tips and tricks that help us stay healthy during the holidays!

- Kayla: Make time to move. Whether you're at home, the office or traveling, do your best to stick to your healthy habits. To squeeze activity into your day, try incorporating walking and bodyweight exercise. These can be done anywhere and no gym equipment is needed. Want to get a little fancy? A resistance band is an easy and cost-friendly way to add some extra resistance. Go on and give it a try!
- Kristina: Get the whole family moving during the holidays! My family has a Thanksgiving Day tradition to take a short family walk between the meal and dessert. We also like to take advantage of having everyone together and sometimes even enjoy taking a family hike. These are pictures of a chilly hike during a November visit to New Hampshire.
- Lindsey: There are lots of holiday tips and tricks that can help keep you healthy, but my go-to is enjoy myself at meals, and plan to get right back into my regular routine as soon as I can! Sometimes my initial plans change, but I allow for flexibility around *when* I complete my priorities, so I still get them done.
- Morgan: I love the holidays. As an introverted person, sometimes the hustle and bustle of all the people can drain my mental battery. One way I take care of my mental health during the holidays is by getting outside by myself. In the south, the



weather during the holidays can be either 70s and sunny or 30s and frigid. So, if it's nice enough out, I climb on my bike for a ride. If it's particularly chilly, I bundle up for a walk and often my pup comes along. Taking that time for myself (even just a few minutes) helps to reenergize my mental battery, allowing me to be more present and enjoy the holidays!

Quarterly Activity List

- We are closing out **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 December:**
 - Share:
 - [Helpful Tips for Healthy Holiday Parties](#)
 - Host or promote and join **Healthy Eating During the Holidays** on Tuesday, December 12 from 12:30-1 p.m. CT. A recording link will be available after the event.
 - Join our one-week **O'Fitness Tree Challenge** Dec. 6-12. Aim to make exercise a daily habit by completing each day's workout. Let us know how many workouts you completed by Dec. 14 for a chance to win a prize:
https://stateoftennessee.formstack.com/forms/wfhtn_ofitness_tree_challenge_submission
- You can always go to www.tn.gov/wfhtn/challenges/wellness-events.html to grab the calendar invites for all these events with details!
- Here's a sneak peek at what's coming up in January 2024:
 - Join our [Goal Getters group](#) starting Jan. 8! Five participants chosen at random will win a prize.
 - 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!
 - Virtual Events
 - Goal Getters Group Check-in
 - What Is a Healthy Weight
 - Head to <https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html> this month to access the entire quarter 3 (January-March) Activity List.

What's New from Working for a Healthier Tennessee

- **New Wellness Calendar**
 - Grab our December daily wellness calendar on our Wellness Events webpage at www.tn.gov/wfhtn/challenges/wellness-events.html.



- **Wellness Council Activity Submission Form**
 - Each month, we reward two employees at random for their submissions to our [Wellness Council Activity Submission Form!](#)
 - I'll be reaching out to our two prize winners via email soon.
 - Remember, if you find out that someone has recently hosted a wellness activity, challenge or event at your agency we might not know about, please let us know by completing the **Wellness Council Activity Submission Form:** https://stateofennessee.formstack.com/forms/wfhtn_wc_activity_submission_fy2024
 - Examples include adding a stretch break to a meeting, hosting their own wellness challenge, scheduling a lunch 'n' learn on a health-related topic, etc.

Wellness Council Spotlights

- **Planksgiving Challenge**
 - Happy Planksgiving from all of us here at Working for a Healthier Tennessee! We have 269 employees from 23 agencies participating this year. Thank you if you are participating, and don't forget to submit your Planksgiving calendar by Tuesday, Dec. 5 for a chance to win a prize. Winners will be announced on Dec. 7.
 - Sara Mercer and her team at the Department of Human Services in Lenoir City shared this picture of Day 2 of the Planksgiving Challenge!
- **Shred Your Stress Challenge**
 - 132 sign-ups – about a 13% increase in participation from 2022! – from 19 agencies across state government.
 - Pictured: Some of the inspirational shares from our MS Teams participants!
 - [LEFT] Diane Otto with DIDD reminded us to “do our best” no matter what our to-do list looks like!
 - [RIGHT] Nataushi Hopson with DIDD shared how she’s, “Letting technology go today to clear my mind.”
- If you want to share with us what's going on in your agency, please don't hesitate to reach out to us at wfht.tn@tn.gov.

Upcoming Schedule

- **January Wellness Council Webinar**
 - Our team recognizes that many of you may be taking time off around the start of the new year, so our January 2024 Wellness Council webinar will take place on Thursday, Jan. 11 from 9-9:45 a.m. CT.
 - In February, we'll resume our regular schedule of the first Thursday of each month!
- **Quarter 2 (October-December) Activities**



- Please be sure to update your Wellness Coordinator of your October through December workplace wellness efforts by Friday, Jan. 5.
- Remember we're here to help you work toward your desired [Achievement Level](#) this quarter and fiscal year! We can track your Wellness Council's efforts and provide suggested strategies. Please don't hesitate to reach out any time!

Celebrations

- We'll end by celebrating you!
 - Happy birthday to:
 - Jill Wilder at Commerce and Insurance, whose birthday is Dec. 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
- Lastly, we have a quick holiday message for you... HAPPY HOLIDAYS!
 - We are making the state a great place to work, and it could not be possible without you.
 - So take care, rest and relax over the holidays.
 - We look forward to seeing you in 2024!

Questions

- If you have any questions, please don't hesitate to reach out to your assigned Wellness Coordinator.
- Thanks for watching this December Wellness Council webinar recording. Remember, you can let us know you watched this webinar and have a chance at winning one of three wellness prizes by telling us, "Where's the WFHTN team?". Email us at wfht.tn@tn.gov by Dec.15 and tell us which slides Kayla, Kristina, Lindsey and Morgan appear on throughout this presentation.
- Bye!