



Wellness Council Webinar Notes

June 1, 2023

Welcome

- Hello everyone! Thank you for joining our June Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!

Today's webinar agenda includes:

- Quarterly Activity List
- What's New from Working for a Healthier Tennessee
- Wellness Council Spotlights
- Upcoming Schedule

Shoutouts

- Before we get into today's agenda, we want to celebrate you!
 - Please join me in wishing Samantha Wilson with the Department of Agriculture a happy (early) birthday!
- If you'd like to share your birthday with us, please let us know at:
https://stateoftennessee.formstack.com/forms/wellness_council_member_birthdays

Quarterly Activity List

- We are about to close out **Quarter 4** and **fiscal year 2023!**
- 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 June:

- **Happiness Challenge**
 - Host or promote and join our Happiness Challenge from Monday, June 12 – Friday, June 23. In this challenge, you'll complete daily activities that support a happier and more fulfilling lifestyle!
 - We're also hosting a live event during this challenge -- Let's Laugh on Friday, June 23 from 10-10:15 a.m. CT.
 - This short session will share about how humor can lead to improved well-being. You might even giggle a little!
 - [Sign up for the challenge communications](#) by Friday, June 9, and/or grab the challenge calendar and get started alone!
 - Ten participants chosen at random will win a prize!



- **Make a fruit and/or veggie-focused [recipe](#)** in honor of [National Fruits & Vegetables Month](#). Send us a snapshot of your creation ([with permission](#)) to WFHT.TN@tn.gov.
 - Five participants chosen at random will win a prize!

June activities to promote:

- **Show off your favorite spot to take your [lunch hour](#)** for National Take Back the Lunch Break Day on Friday, June 16.
 - Send us a snapshot of your creation ([with permission](#)) to WFHT.TN@tn.gov.
 - Five participants chosen at random will win a prize!

Topics and events to share:

- [Get Out! 5 Benefits of Outdoor Exercise](#) in recognition of [Great Outdoors Month](#).
- **Men's Health Month**
 - [Men's Health Month Handout](#)
 - **Men's Health (Presented by ActiveHealth)** on Wednesday, June 7 from 11-11:30 a.m. CT.
- **National Eat Your Vegetables Day is Saturday, June 17.**
 - **Veg Out: All About Vegetables** on Thursday, June 15 from 1-1:30 p.m. CT.
- [Seasoning with Herbs & Spices](#) in recognition of National Herbs and Spices Day on Saturday, June 10.

What's New from WFHTN

- **New Wellness Calendar & Events**
 - Grab our June daily wellness calendar and events flyer with details on our Wellness Events webpage at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>
 - Shoutout to these events happening this month:
 - **Meditation Break with Nat** - Wednesday, June 21 from 11:30 a.m. – 12 p.m. CT
 - **Stretch Break** - Thursday, June 29 from 12-12:15 p.m. CT
- **New Social Media**
 - Our team continues to create health and wellness YouTube videos you can share with your colleagues, like...
 - [The recording of my simple green smoothie demo that I did live in March!](#)
 - In January, we shared our new social media strategy and invited you to please share or tag any photos or videos from your agency.
 - Here are some examples from May...



- Pictured:
 - [\[BOTTOM LEFT\]](#) Anna Andersen with the Department of Military at their onsite biometric screening. This helped 19 Tennessee State Government employees get their annual screening! (Want to host a biometric screening at your agency? Reach out to us at WFHT.TN@tn.gov.)
 - [\[RIGHT\]](#) Inspired by the Department of Human Services, TDOT held a reusable water bottle challenge. TDOT employees shared pics of their favorite water bottles, and some even had stories behind them.
- Remember, with your help, we hope this strategy will bring more awareness to your individual Wellness Councils and engagement to your workplace wellness activities!
- **2023 Annual Celebration**
 - We're getting very close to this year's Annual Celebration!
 - We will be celebrating in person on Thursday, July 20 from 10 a.m. – 12 p.m. CT at the [Tennessee State Library & Archives](#) located in downtown Nashville.
 - All Wellness Council members as well as your department leadership are invited to join us for this celebration!
 - Please be sure to [register](#) by Thursday, June 8:
https://stateoftennessee.formstack.com/forms/wfhtn_annual_celebration_registration
 - **Also, want to win a wellness award for your agency?** Don't forget to please submit your nominations for [Special Recognition Awards](#) by Friday, June 16:
https://stateoftennessee.formstack.com/forms/wfhtn_special_recognition_awards_submission

Wellness Council Spotlights

- **Department of Intellectual and Development Disabilities**
 - Inspired by Military, the Department of Intellectual and Developmental Disabilities shared notes of gratitude with one another. Employees filled out a Formstack survey for their gratitude note, and then Wellness Coordinator Morgan created the notes and sent them through the Working for a Healthier Tennessee mailbox.
- **Department of Children's Services**
 - The DCS Wellness Council invited employees to show themselves being active and healthy for a chance to win a prize! Here are some of the photo submissions they received.
- **Department of Revenue**



- Several gatherings happened across the state for State Employee Recognition Day, including Revenue's Admin team inviting Working for a Healthier Tennessee to host a wellness trivia at their in-person celebration!

Upcoming Schedule

- **July Wellness Council Webinar**
 - Thursday, July 6 from 9-9:45 a.m. CT
- **Quarter 4 Activity List (April - June)**
 - We encourage you to use us to help you meet your desired [achievement level](#) this quarter. Your Wellness Coordinator can track your Wellness Council's efforts and provide suggested strategies through the end of this calendar year. Please don't hesitate to reach out any time.
- For our full event list, please visit <https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates

- If you haven't already, please let us know in the chat which agency you're representing.
- Let's take some time to share what's going on in your agency. What wellness activities, challenges or programs would you like to share?

Questions

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

Thank you for joining our Wellness Council webinar! As always, please reach out to your Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!