

WFHTN Wellness Council Webinar Notes September 1, 2022

Welcome

- Hello everyone! Thank you for joining our September 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:
 - Guest Speaker: Tennessee Department of Health Suicide Prevention Program
 - Quarterly Activity List
 - What's New?
 - Wellness Council Spotlight
 - Upcoming Schedule
 - Sharing

Guest Speaker – Brittany Willis (TDH Suicide Prevention Program)

Brittany Willis is the Suicide Prevention Program Director for the Tennessee Department of Health. In this role, Brittany manages the Comprehensive Suicide Prevention Grant provided by the CDC which involves working closely with various partners across the state in an effort to reduce suicide attempts and deaths by identifying any gaps in mental health and suicide prevention programs and services that may exist in Tennessee and by helping to determine what support is still needed within local Tennessee communities for those at-risk for suicide. In addition to this, she also helps to conduct weekly surveillance for suicidal ideation, intentional self-harm visits and suicide attempts using the ESSENCE database. Brittany also offers various trainings and presentations on the prevention of suicide and suicide-related behavior to different organizations and communities across Tennessee, as well as nationally. Brittany has a Bachelor of Science degree in Interdisciplinary Studies with concentration areas in Psychology and Teaching and Learning. Please welcome Brittany.

WFHTN Quarterly Activity List

- We are closing out quarter one of this fiscal year!
- Here are some suggestions to help you earn GOLD [Achievement Level](#) status this fiscal year. (Remember, this first quarter sets the tone of your year, as you cannot “make up” any [goals](#) missed in a quarter.) Please revisit our [Achievement Level FAQs](#) for more details on our achievement levels.
- **September 2022 Suggestions**
 - As a reminder, our team strives to ensure we're hosting and providing a variety of challenges, activities and resources. So all *you* need to do is promote and share them.
 - Here are some suggestions for September.
 - Share information related to:
 - [National Yoga Month](#)
 - Encourage employees to give yoga a try with these [on-demand yoga video resources](#) or [attend a live virtual yoga class](#)
 - Whole Grains Month
 - [Whole Grains 101](#) handout
 - [National Suicide Prevention Month](#)
 - [The Role of Co-Workers in Preventing Suicide](#)
 - Activities to get involved in:

- Encourage co-workers to send in a photo ([with permission](#)) of their balanced breakfast in honor of [Better Breakfast Month](#). *Five participants chosen at random will win a prize!*
- Invite employees to join our “Fall in Love with Veggies” webinar (presented by ActiveHealth) on [Thursday, Sept. 15 from 12-12:30 p.m. CT](#).
- Invite employees to join our “Cholesterol 101” webinar (presented by ActiveHealth) on [Thursday, Sept. 22 from 11:30 a.m.-12:30 p.m. CT](#). (Note: The ActiveHealth index report we shared last month consistently lists high cholesterol as a top self-reported condition.)
- Our Quarter 2 (Oct. – Dec.) Activity List of ideas will be available by Friday, Sept. 16.

What’s New?

- **WFHTN Swag**
 - During our [July Wellness Council Webinar](#), we shared some budget fund updates. Be sure to reach out to your wellness coordinator if you have any questions about your options.
 - We’re very excited to share that new swag has arrived! Check out our “[Up-to-Date Swag Inventory List](#)” to see quantities available of our newest items, including:
 - Microfiber Cooling Towel
 - Aromatherapy Sleep Mask
 - Activity Waist Pack
 - Mini Popcorn Popper
 - Slingpack Bag
 - Wireless Speaker
 - Resistance Band Set
 - Bento Lunch Box
- ***Reminder*** [WFHTN Wellness Events Page](#)
 - We have moved the Wellness Events as a drop-down option under Activities & Challenges; therefore, the link has changed.
 - This is where you’ll find our *September Daily Wellness Calendar* and *September Virtual Events*.
- **WFHTN YouTube Videos**
 - [Reading Ingredients Lists on Food Labels \(Morgan\)](#)
 - Be sure to check them out and share them with your employees. Make sure you subscribe to our YouTube Channel at youtube.com/tnsitechampions so you never miss a new video!
- **WFHTN Team Building Activities**
 - Did you know we have created a variety of ready-to-use activities, challenges and team-building exercises for each of our focus areas? You can find these under the ‘Activities & Challenges’ menu of our website.
 - You can use these team building activities as-is or easily customize them for your agency. If you need assistance with customizing a resource to meet your employees’ needs, please reach out to your wellness coordinator.
 - For example, maybe you:
 - Kick a meeting off by getting everyone giggling with **Laughter Yoga!** (You can request example exercises from your WFHTN wellness coordinator.)
 - Or, maybe tackle a quick [Food Label Activity](#) for Whole Grains Month.

- You might even ask us to do a **Breakfast Demo** for your group so they can see firsthand and possibly even get hands-on experience with healthier eating. This is perfect for September's Better Breakfast Month. [Check out the recipe we'll demo.](#)

Wellness Council Spotlight

- **Move More Challenge**

- There were 246 participants from 21 agencies for this all-agency challenge.
- Participants self-selected into a "Level of Movement" group and had weekly activity goals. Participants had the option to join a Teams chat where they helped keep each other motivated.
- Several participants shared how this challenge helped them get up and moving and feel better overall!
- Pictured UPPER LEFT: Participant Angela Adams with her Pomeranian who "loves to ruck and hike"!
- Pictured BOTTOM CENTER: Participant Jennifer Terranera hiking Cherokee National Forest with her little.
- Pictured RIGHT: Participant Mikayla Alfano-Webb moving more with her pups at Shiloh National Park!

- **TDCI-Lympics (Commerce and Insurance)**

- The Department of Commerce and Insurance held their Third Annual TDCI-Lympics! Teams of three to four competed in five days of events to challenge their ability to work out, work with a team and work with the community.
- Participants were able to volunteer or donate to a cause and the organizations that benefited were: Hero Box, Goodwill, K9s for Warriors, Walden's Puddle, Buddy Bear Project, Book 'Em, and Nashville Public Library. Their TDCI-Lympians even found time to do clean-ups at over five local parks and help out at their local church events. We are in awe of their do-goodery!
- This year's winning teams included:
 - Gold medal team: "The Untouchables" (Pictured on the LEFT engaging in their neighborhood pick-up.)
 - Silver medal team: "Shockingly Athletic" (Pictured on the BOTTOM RIGHT showing off a "perfect plate".)
 - Bronze medal team: "No Complaints No Gain"

- **Just Breathe (Health)**

- Following some scheduled Here4TN training, Department of Health hosted this one-week activity to help participants decrease stress by learning and practicing different breathing techniques.
- Here's some feedback we received about this challenge: "The reminders each day from [MS] Teams reminded me to actually focus on taking pause. Last week was the 2nd week my child had been going to daycare and I was stressed about the change as well as had anxiety about the ability to pump enough breastmilk for the day and when I started with focused deep breathing I felt more at ease, and I actually did well to pump what he has needed so far."

- **State Park Photo Contest (Human Services)**

- Inspired by Jill Kilgore's (Tourist Development) presentation shared with us in July, Department of Human Services created a State Park Photo Contest. The results were amazing. They received over 112 submissions for the following categories: Best

Landscape, Best Wildlife, Best TN Symbol (State tree, State flower, State Insect, State Bird, etc.), Best Sunrise or Sunset and Best Action Shot. Voting is still underway! By looking at just one of the many gorgeous photo submissions from each category on this slide, you can see how difficult it will be to choose the winners.

- **DGS Day (General Services)**
 - In August, the Department of General Services celebrated being named as a Top Workplace in Middle Tennessee for the third year in a row with DGS Day. The day included Commissioner Branscom delivering snacks to staff working in the TN Tower, group walks, virtual team gatherings, new t-shirts, a DGS spirit stick, and even a message from Governor Lee!

Upcoming Schedule

- **October Wellness Council Webinar**
 - Thursday, Oct. 6 from 9-9:45 a.m. CT
- **Quarter 1 Activities (July-September)**
 - Be sure your wellness coordinator has a record of all your wellness activities and efforts! (This will help us accurately track your agency's Achievement Level status after Q1.) Please get this information info in by Monday, Oct. 3.
- *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!