

WELLNESS COUNCIL WEBINAR

November 2022



/WFHTN



@WorkingForAHealthierTN



/@WFHTN

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Mental Health During the Holidays

Guest Speaker: Here4TN

Quarterly Activity List

What's New?

Wellness Council Spotlight

Upcoming Schedule

Sharing

Mental Health During the Holidays

Accept Your Needs



Practice Gratitude



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Manage Your Time



[WFHTN Time Management Tool](#)

Be Realistic and Set Boundaries



Practice Relaxation



[Yoga Video Resources](#)

Exercise Daily



[WFHTN Physical Activity Resources](#)

Prioritize Self-Care



[WFHTN Self-care BINGO](#)

Eat Well



[WFHTN Healthy Eating Resources](#)

[WFHTN Recipes](#)

Get Enough Sleep



[WFHTN Sound Sleep Challenge](#)

Avoid Alcohol/Drugs



[Here4TN Substance Use Services](#)

Spend Time in Nature



[Tennessee State Parks](#)

Volunteer



[Tennessee Serves](#)
[Volunteer Tennessee](#)

Guest Speaker

Matt Cramer



Quarterly Activity List

November Suggestions

Share information related to:

- [Take a Hike Day](#) (Nov. 17)
- [TN State Parks After Thanksgiving Hikes](#)
- Great American Smokeout (Nov. 17)
- [How to Help Someone Quit Smoking](#)
- [How Much Do You Know About E-cigarettes?](#) quiz ([Answer Key](#))
- [E-cigarette webinar](#)



November Suggestions

Activities and webinars:

- **Let's Learn about Diabetes**
Tuesday, Nov. 8 from 1-1:15 p.m. CT.
[Download calendar invite](#)
- **Using Mindfulness to Make the Holidays Happier**
(presented by Here4TN & ActiveHealth)
Wednesday, Nov. 16 from 11:30 a.m. – 12:30 p.m. CT
[Register](#)
- **Mindfulness Break**
Friday, Nov. 18 from 10-10:15 a.m. CT
[Download calendar invite](#)



November Suggestions

Do planks and give thanks!



Planksgiving Challenge

NOVEMBER 1 - 30

Gradually build core strength and stability.
ALL fitness levels are encouraged to join the fun!

Sign up by Friday, Nov. 4 to join an optional Teams chat with fellow plankers!

Sign the required liability waiver and download the challenge calendar!



Nominate Now!



- **Do you think your Wellness Council is award-worthy?**
- You can now nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year.
- Submit your nominations [HERE](#).

What's New?

November Wellness Calendar & Virtual Events

WORKING FOR A HEALTHIER TN TUNE IN TO YOUR NEEDS THIS NOVEMBER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 1-4		Learn about Managing Family and Relationships from 10:30-11 a.m. (Register)	Wellness Coordinator Lindsay introduces Sanvello (a mobile app available to State of TN employees at no extra cost) in this quick video .	Join DCS for a Fitness Break from 11-11:15 a.m. (Calendar invite)	Great for lunchboxes or as a snack, homemade dried apples are easy to make in the oven & high in fiber & nutrients!
November 7-11	Join Yoga for All (with Sophia) from 12-12:15 p.m. (Calendar invite)	Let's Learn about Diabetes today from 1-1:15 p.m. (Calendar invite)	When Morris was diagnosed with diabetes & watched both of his parents suffer from it, he took control of his health! Watch his inspiring story.	Looking for a new dish to try this holiday season? Try this flavorful mashed butternut squash recipe!	HAPPY VETERANS DAY!
November 14-18	Let's bring awareness together for World Diabetes Day!	National Take a Hike Day is coming up on Nov. 17! Plan your After-Thanksgiving Hike with TN State Parks.	Join the 4Mind4Body webinar Using Mindfulness to Make the Holidays Happier from 11:30 a.m. - 12:30 p.m. (Register)	Quitting smoking isn't easy. It takes time and a plan. Learn How to Help Someone Quit Smoking in honor of the Great American Smokeout .	Join us for a Mindfulness Break: Gratitude from 10-10:15 a.m. (Calendar invite)
November 21-25	Grounding techniques can help with anxiety and simplifying your thoughts. Try this 5-4-3-2-1 Grounding Technique!	Jason lost 50 pounds! He explains how gradual changes led to a complete lifestyle change.	This Healthy Stuffing recipe uses low sodium broth & has added fiber from the vegetables.	HAPPY THANKSGIVING!	
November 28-30	Did you know the way you organize your refrigerator can help food stay fresh longer? Watch these quick tips!	Jelly doughnuts (sufganiyot) are a traditional Hanukkah treat. Try this lighter, baked version!	Join Yoga for All from 12-12:15 p.m. (Calendar invite)	Please note: All times listed are in the Central time zone.	

UPCOMING EVENTS

NOVEMBER 2022



WORKOUTS

YOGA FOR ALL (WITH SOPHIA)

Mondays from 12-12:15 p.m. [Link to join.](#) [Calendar invite.](#)

DCS FITNESS BREAK

Thursdays from 11-11:15 a.m. [Link to join.](#) [Calendar invite.](#)

DHS FITNESS BREAK

Wednesdays from 11-11:10 a.m. [Link to join.](#) [Calendar invite.](#)

YOGA: CORE & MORE

Fridays from 12:15-12:45 p.m. [Link to join.](#) [Calendar invite.](#)

YOGA FOR ALL

Wednesdays from 12-12:15 p.m. [Link to join.](#) [Calendar invite.](#)



CHALLENGE

PLANKSGIVING

November 1-30



Do planks and give thanks! Gradually build your core strength and stability by completing daily planks on the [challenge tracker](#). Can't hold a plank the designated length of time? Do what you can! Five participants chosen at random will win a prize! Visit https://stateoftennessee.formstack.com/forms/wfhtn_planksgiving2022 to sign up to join a Teams chat with fellow plankers by Friday, Nov. 4!

WEBINARS & ACTIVITIES

MANAGING FAMILY AND RELATIONSHIPS

Tuesday, Nov. 1 from 10:30-11 a.m. [Register.](#)

LET'S LEARN ABOUT DIABETES

Tuesday, Nov. 8 from 1-1:15 p.m. [Link to join.](#) [Calendar invite.](#)

MINDFULNESS BREAK: GRATITUDE

Friday, Nov. 18 from 10-10:15 a.m. [Link to join.](#) [Calendar invite.](#)



Please note: All times are listed in Central time zone.

For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness-events.html



Focus Groups



WFHTN YouTube Videos

Helping State of Tennessee employees with healthy eating, physical activity and well-being

Working For A Healthier TN

Working For A Healthier TN

Working For A Healthier TN

HOME VIDEOS PLAYLISTS CHANNELS ABOUT

Peach and Ricotta Toast with Honey

83 views · 1 month ago

Wellness Coordinator and Registered Dietitian Nutritionist Lindsey Joe shows us one of her favorite breakfast recipes during peach season. Bonus: It's easy to make!

For more recipes, go to our website at <https://www.tn.gov/wfhtn/resources/re...>

READ MORE

Uploads ▶ PLAY ALL

- Working for a Healthier Tennessee Wellness Council Overview (9:38)
- Working for a Healthier Tennessee Overview (6:19)
- How to Get Rewards for Going Outdoors (0:56)
- Peach and Ricotta Toast with Honey (0:48)**
- Recipe for Peanut Butter Banana Bars (1:14)
- How to Keep Cilantro Fresh for Up to a Week (0:25)

Subscribe to our YouTube channel: [YouTube.com/@WFHTN](https://www.youtube.com/@WFHTN)

Wellness Council Spotlight

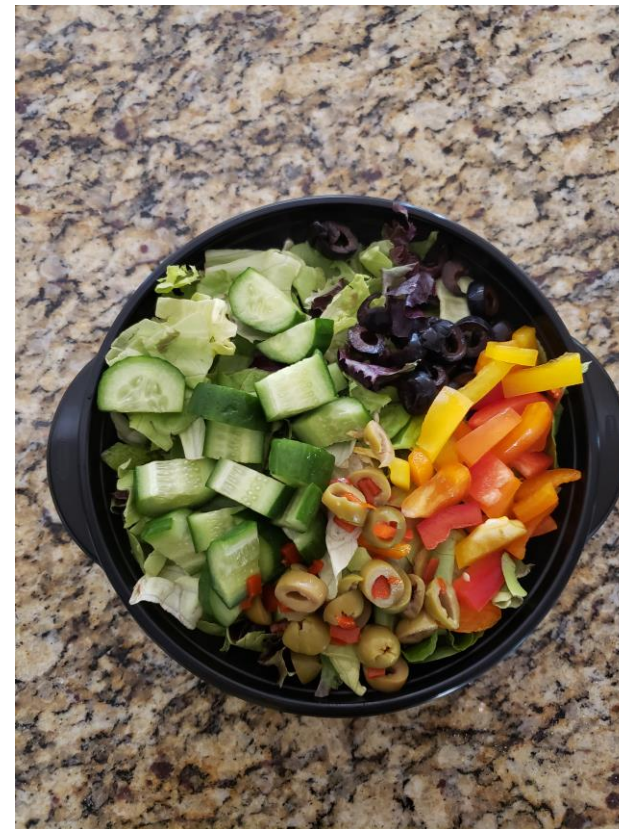
World Heart Day

General Services



Salad-a-Day Challenge

Intellectual & Developmental Disabilities



October Bike Ride Challenge

Labor & Workforce Development



PINK Photos


Health, Finance & Administration, Human Resources



PINK PATROL

Revenue

Working for a Healthier Tennessee
October 17 at 2:22 PM · 🌐



Tennessee Department of Revenue ✓
October 14 at 12:15 PM · 🌐

PINK PATROL! We have the best team. Show us your pink every Friday this month to support breast cancer awareness!

👍❤️ You and 2 others

Pink Patrol 2022

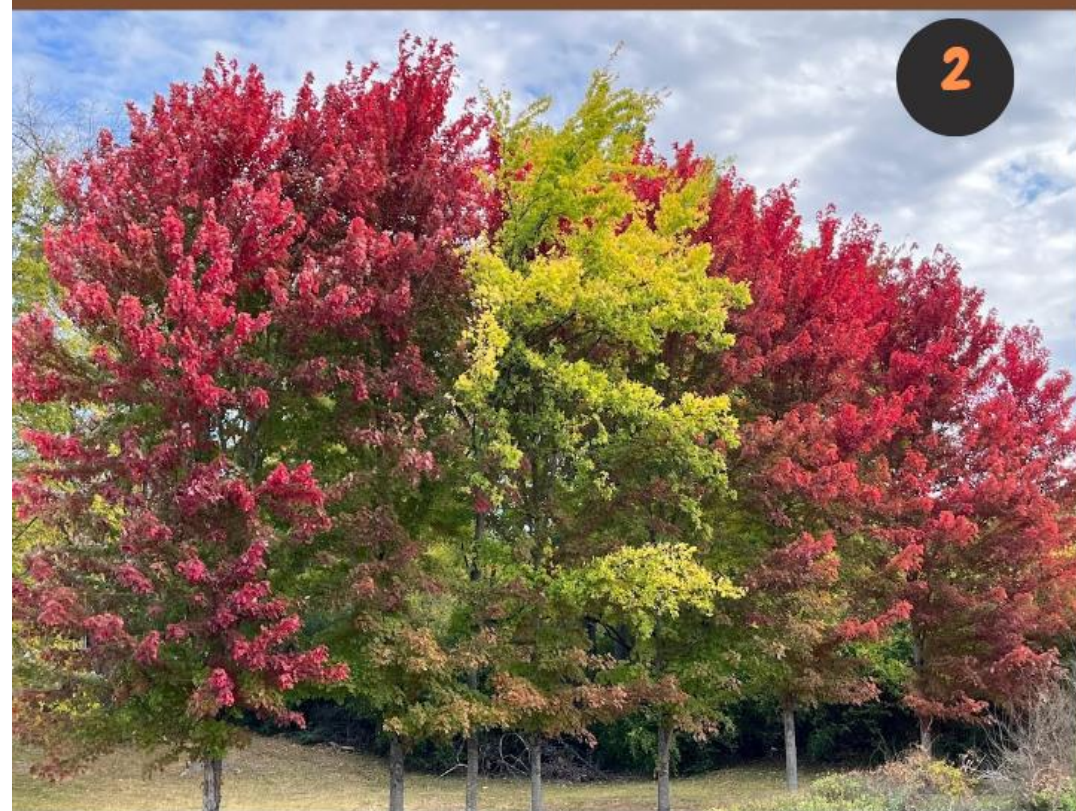
TN Tennessee Department of Revenue
969 subscribers **SUBSCRIBE**

👍 3 🗨 Dislike ➦ Share ...

124 views Oct 13, 2022

Fall Photo Contest

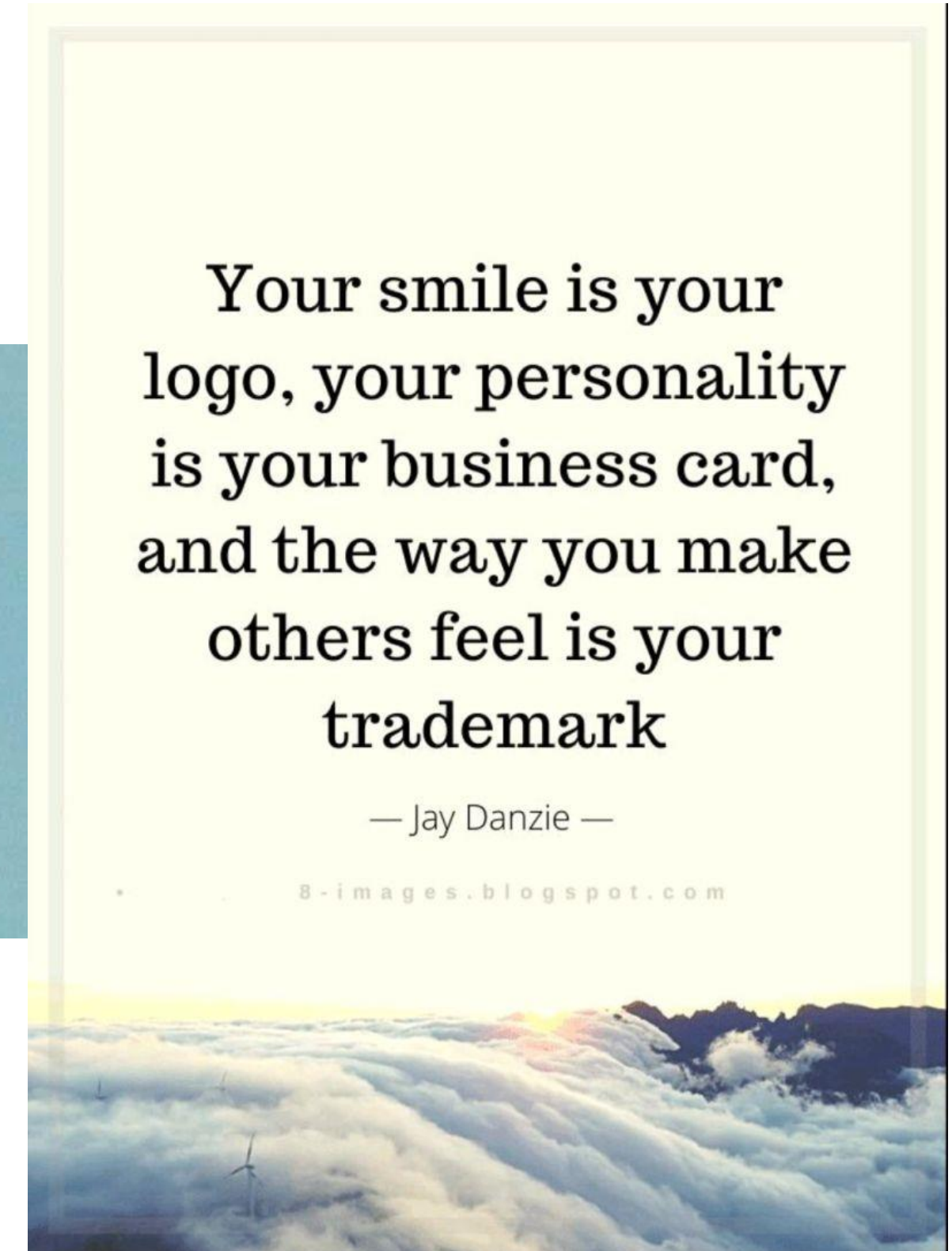
Department of Correction



13 participants

29 photo submissions

Shred Your Stress Challenge



Planksgiving Challenge



Photo Contest:

- Most Creative
- Funniest
- Most Challenging

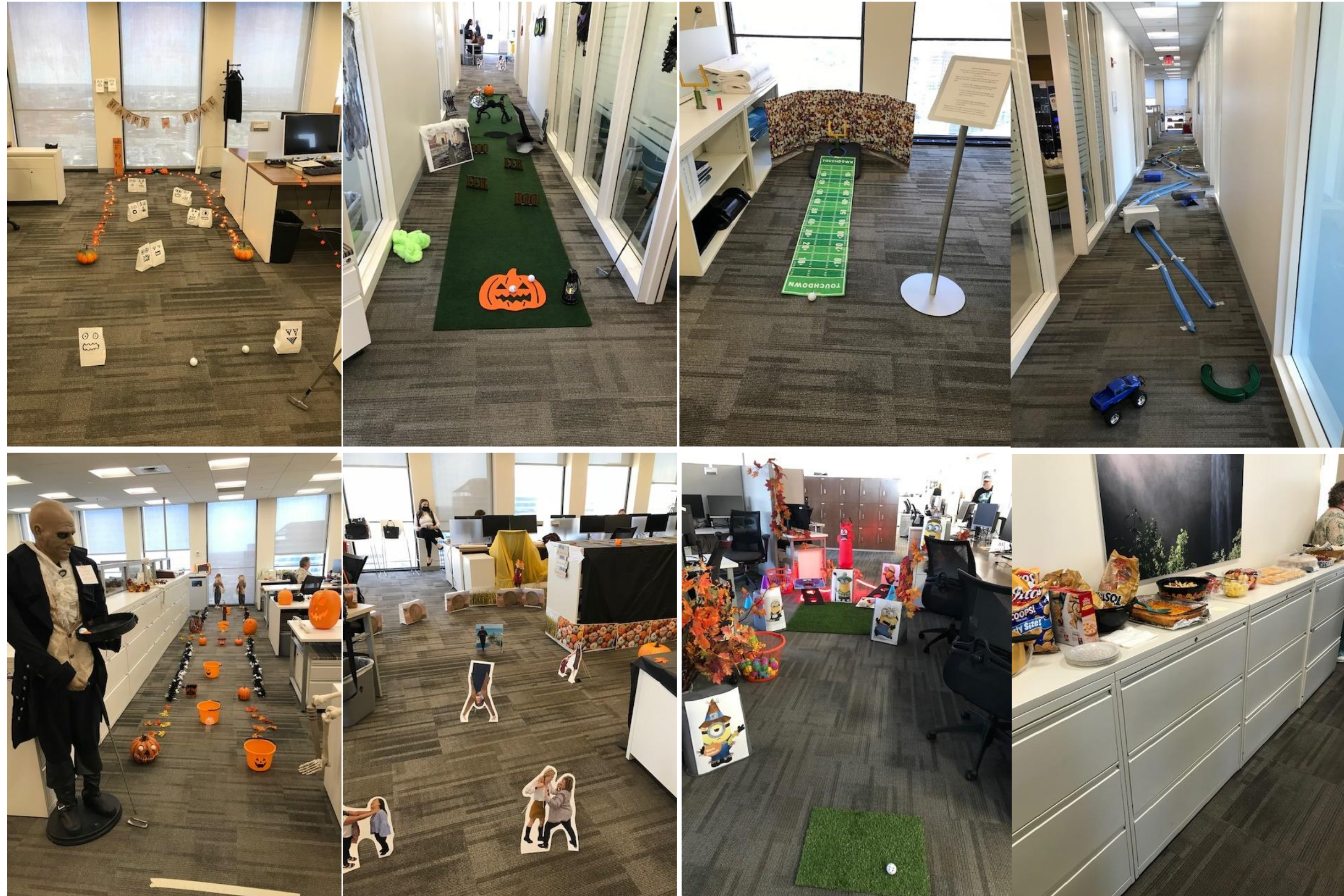
Which agency will win?

The agency with the most participation will win.

- Based on number of submissions of photos and challenge trackers

Putt Putt & Potluck

General Services





Upcoming Schedule

December Wellness Council Webinar

Thursday, Dec. 1 from 9-9:45 a.m. Central

Quarter 2 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

For our full virtual event list, please visit

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates!



WHAT'S
GOING
ON?

Questions



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