

WFHTN Wellness Council Webinar Notes June 4, 2020

Welcome

- Good morning everyone! Thank you for joining the June Wellness Council webinar.
- Today's agenda includes:
 - Fun Fact Challenge
 - Q4 June Activity Planner
 - Wellness Council Spotlight
 - June Health Observances & Holidays
 - Upcoming Schedule
 - Roll Call & Sharing

Fun Fact Challenge

Congratulations to our June Fun Fact winner, Jill Wilder from the Department of Commerce and Insurance

Q4 June Activity Planner

- **NEW WFHTN Monthly Poll**
 - Since the start of the calendar year we've been posting these monthly polls to get your valuable feedback. We so appreciate your participation as it truly helps shape the future of what we do in WFHTN.
 - This month, we want to know, "What monthly handout topics are you most interested in?"
 - Remember, this feedback is ANONYMOUS and helps us provide wellness information and programming that meets YOUR needs.
- **Great Outdoors Month**
 - Tell us, what do you enjoy about the outdoors?
 - What you may also realize is that there are many benefits to outdoor exercise (aka "green exercise") and here are [five](#):
 - Improved Mood and Reduced Depression: Exposure to sunlight enhances vitamin D production, which may be partially responsible for this mood-enhancing effect.
 - Enhanced Self-esteem: Research shows that as little as five minutes of outdoor exercise can improve self-esteem.
 - Low Cost: People often cite cost as one of the biggest factors prohibiting regular exercise.
 - Ease of Access: Lack of time is another common barrier to exercise. Taking advantage of the great outdoors can reduce these time constraints.
 - Connecting with Mother Nature: Exercising outdoors can help you feel grounded, deepen your connection to your environment and enhance your appreciation for the beauty around you.
 - We hope you'll share this info with your employees to earn five easy points on your June Activity Planner.
 - As always, don't hesitate to reach out to your WFHTN Regional Wellness Coordinator for assistance with planning an outdoor activity and/or challenge.
- **5-a-Day Challenge**

- In recognition of National Fresh Fruits & Vegetables Month (June), we want to invite you to host the [5-A-Day Challenge](#) (or be creative and develop a healthy eating challenge) for at least one month.
- FACT: ONLY 12.2% of adults meet the daily fruit intake recommendation. And ONLY 9.3% of adults meet the daily vegetable intake recommendation. [\[Source\]](#) So this a great opportunity to get creative in the kitchen.
- What's different about this challenge?
 - In the 5-a-Day Challenge, you will...
 - Track your typical fruit and veggie intake for a one-week period to figure out your baseline intake of fruits and veggies.
 - And after getting a better idea of where you currently are, you'll set a new goal for yourself – whether that be 1.5 servings of fruits and veggies a day or five.
 - And strive to meet your new goal each week of the challenge.
- All the challenge materials (including pre-written emails for your participants) can be found on our WFHTN website.
- **#4Mind4Body Lunch & Learns**
 - We have another great #4Mind4Body Lunch & Learn from ActiveHealth and Here4TN coming up
 - On Tuesday, June 16, 11:30 a.m. to 12:30 p.m. CT you can learn more about “Healthy Mind, Healthy Body”
 - This session will explore the mind body connection. And how stress affects your body. Then, you'll learn about mindfulness and other strategies to reframe your thoughts.
 - Be on the lookout for the registration email from Benefits Info at tn.gov as the event gets closer.
- **Coming FY 2021**
 - We've heard your response to the Monthly Activity Planners and want you to know that starting August 2020 we're excited to bring you a consolidated version of the Monthly Activity Planner. We hope you like it as much as we do!
 - Also, a friendly reminder that we observe a “summer break” for the month of July at WFHTN so no formal Monthly Activity Planner will go out, but please continue to serve the interests of your co-workers and staff with the help of your WFHTN Regional Wellness Coordinator.
- **FY 2021 Overall Award**
 - The WFHTN initiative aims to create a healthy, positive workplace. And the Overall Award is designed to recognize the agency with the highest efforts of *increasing awareness and engagement* for health and wellness across our state.
 - Consistency throughout the fiscal year is key in maintaining a successful workplace wellness program.
 - We will be sharing more information in July about the new tournament format and qualifications to be eligible for the 2021 Overall Award. Stay tuned!

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- **2020 Top 6 Tournament**
 - Thank you for participating in the WFHTN Top 6 Tournament!
 - The Overall Award Winner will be announced during our Annual Awards Celebration in late July!

- **Department of Commerce & Insurance Online Creativity Gallery**
 - They asked employees to contribute, with the hope that what you see would inspire you or at least bring you some joy during this difficult time.
- **Department of Health Webpage**
 - Shout out to the TDH Wellness Council for creating a new webpage dedicated to all things employee wellness at the State of TN.
 - Since publishing this new virtual resource it's gotten more than 250 visits.
- Keep up the great work and please continue to share all of your successes and photos with us – including tagging us on your department's social media!

June Holidays & Health Observances

- [Alzheimer's & Brain Awareness Month](#)
- [Great Outdoors Month](#)
- [Men's Health Month](#)
- [National Fresh Fruit and Vegetable Month](#)
- [National Safety Month](#)
- [Men's Health Week](#) (June 10th-16th)
- [National Garden Week](#) (June 7-13, 2020)
- [National Herbs & Spices Day](#) (June 10, 2020)
- [Family Health & Fitness Day USA®](#) (June 13, 2020)
- [National Eat Your Vegetables Day](#) (June 17th)

Upcoming WFHTN Schedule

- **Q4 June Activity Planner**
 - Due Tuesday, June 30th
- **July Wellness Council Webinar**
 - Thursday, July 9th @ 9:00 a.m. Central
- **2020 WFHTN Annual Awards Celebration**
 - Virtual
 - Wednesday, July 29th

Roll Call & Sharing

- Let us know you are representing your Wellness Council by giving us a shout out in the chat box! (You'll have an opportunity to share your Wellness Council successes and ask questions once roll call is complete.)
 1. Agriculture
 2. Children's Services
 3. Commerce and Insurance
 4. Commission on Aging and Disability
 5. Correction
 6. Economic and Community Development
 7. Education
 8. Environment and Conservation
 9. Finance and Administration
 10. Financial Institutions
 11. General Services
 12. Health

13. Human Resources
 14. Human Services
 15. Intellectual and Developmental Disabilities
 16. Labor and Workforce
 17. Mental Health and Substance Abuse Services
 18. Military
 19. Revenue
 20. Safety and Homeland Security
 21. TBI
 22. TennCare
 23. TN Courts
 24. Tourist Development
 25. Transportation
 26. TRICOR
 27. TWRA
 28. Veterans Services
- ...Thank you. Now, would anyone like to share?

Thank you all for attending today's webinar. Please reach out to your WFHTN Regional Wellness Coordinator if you have any questions.