

**WFHTN Wellness Council Webinar Notes**  
**May 7, 2020**

**Welcome**

- Good morning everyone! Thank you for joining the May Wellness Council webinar. I hope you're doing well today. We hope you're staying well.
- Today's agenda includes:
  - Fun Fact Challenge
  - May Activity Planner
  - Mental Health Month
  - Here4TN Scavenger Hunt
  - Wellness Council Spotlight
  - Survey Poll Question Results/Action Items
  - May Health Observances & Holidays
  - Upcoming Schedule
  - Roll Call & Sharing

**Fun Fact Challenge**

Congratulations to our May Fun Fact winner, Amber Jackson from the Department of Health!

**May Activity Planner**

- By now you have received the May Activity Planner.
- You'll notice it's in the same format as April's Activity Planner. We have received positive feedback from Wellness Councils about this format.
- Let us know if you have any feedback about this. We want to be as helpful as possible because, as always, that's what we're here for!

**Alternative WELLNESS Solutions Week**

- Since so many of you are now working from home, also known as AWS, our team created an "[Alternative WELLNESS Solutions](#)" challenge. These daily challenges can be done ANYWHERE.
  - Make a Goal Monday
  - Take a Walk Tuesday
  - Waste Not Wednesday (trying to utilize leftovers and/or pantry/freezer food)
  - Think Positive Thursday
  - Feel Good Friday (Do something that makes you feel good!)
- Encourage employees to share what they are doing so that you can feel a sense of togetherness even if these activities are done separately.
- Plus, you earn 30 points for doing this activity!
- We'd love to see your pictures! Submit photos, ([with permission](#)), to us at [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)

**Here4TN Scavenger Hunt**

- We are excited to announce the next Here4TN Scavenger Hunt!
- Your assigned Regional Wellness Coordinator will be sending the link to the scavenger hunt very soon.
- The link will go live May 11th.
- Check out the cool prize for the first 50 that complete the scavenger hunt!

## May is Mental Health Month

- As previously mentioned, May is Mental Health Month.
- In 2018, Cigna conducted a survey and found that close to half of the respondents reported feeling alone, isolated or left out at least some of the time. Younger generations have been found to be some of the loneliest.
- As mentioned in the Fun Fact Challenge, it has been stated that loneliness has the same impact on mortality as does smoking 15 cigarettes a day, making it more dangerous than obesity.
- Loneliness is being fueled by a variety of things. One of those is social media. While social media has many positives and plays an important role in keeping us connected to friends and family, it can sometimes make people feel left out. It is important to remember that sometimes what people share on social media is the “good stuff” in life versus their struggles.
- Other factors that can increase loneliness include work demands, improper sleep schedules, not spending enough quality time with family or friends, and a lack of “me time.”
- We’ve mentioned that loneliness can be detrimental to our health. But how? It can cause people to be more susceptible to heart disease and strokes, it can affect the immune system and is linked to depression.
- Something to consider is that loneliness is subjective. Being alone doesn’t necessarily mean someone is lonely. It can come in many different shapes and forms so it may be hard to recognize.
- WFHTN is addressing this matter in many ways, but in a behind-the-scenes way.
- Since we don’t want to call people out when it comes to loneliness, it is beneficial to address it in a variety of ways.
- WFHTN activities are meant to bring people together. We encourage you to share pictures and stories so everyone will feel connected. Encourage your leadership to get involved so that everyone at all levels can feel a part of the team. Share the mental health resources available to employees through Here4TN.
- Many departments are already hosting activities that can help with loneliness. Some are asking willing employees to share stories of how they are getting through this time apart. Some are hosting virtual breakrooms; others are hosting wellness webinars on a regular basis.
- If you are interested in more ways to address the loneliness epidemic, reach out to your Regional Wellness Coordinator!

## Wellness Council Spotlight

- **ADPAC: Winner**
  - The All-Department Physical Activity Challenge ended on April 19<sup>th</sup>. It was a tight competition, but the Department of Agriculture had the highest average miles per participant overall! Great job to everyone who participated in this challenge!
- **F&A: Virtual Coffee & Yoga Breaks**
  - Several divisions within F&A are hosting virtual opportunities to keep employees connected informally!
  - **Pictures**
    - TOP: Coffee Break hosted by F&A’s Deputy Commissioner – they talked about their hair, their hair color roots and the beards the guys have :)
    - BOTTOM: OIG’s Office Break Yoga led by WFHTN

- **F&A: Virtual birthday greetings!**
  - Having a birthday during quarantine can be a little tricky and it requires some creativity to celebrate together. The department of Finance and Administration very creatively helped a co-worker celebrate her birthday. They started the day by doing a group Skype call to sing happy birthday. One co-worker created several JibJab videos like the one seen in the picture. The videos made the team laugh and helped bring them together to celebrate.
- **DGS: Sharing Tips**
  - The Department of General Services has been sharing tips for coping while staying at home in their internal newsletter. Their commissioner, Christi Branscom, even tweeted this picture of a delicious broccoli salad!

### **Reminder**

It's fun to see what the various departments are doing so be sure to let us know what your Wellness Council is up to so we can put you in the spotlight!

### **Polling Questions Results/Action Items**

- **Monthly WFHTN Poll**
  - As always, we truly value your feedback and also want to show how we not only gather your feedback but how we make adjustments based on that feedback.
- March's poll question was "How do you prefer to learn about health and wellness related information?" We received 200 responses from 12 departments.
- The top three responses were "Pre-recorded Videos" (44%), "In-person" (18%) and "Email" (16%).
- Regarding the pre-recorded videos, we plan on recording more of our webinars and making those available to you all. This month on the activity planner is a recorded webinar about e-cigarettes!
- In-person events came in second and we all know those haven't been possible lately. However, while this is something we can't do right now, we can host live webinars. Live webinars were the fourth most popular response to this poll question. Several departments have been holding regular webinars and your Regional Wellness Coordinator can help facilitate those.
- Finally, email was the third most popular response. Many of you have wonderful communication channels through which you share wellness information. Keep in mind that your Regional Wellness Coordinator can help draft emails for you to send to your department. We are here to help you!

### **Gathering Feedback**

- The WFHTN team wants to gather feedback from you about our monthly webinars. We want to make sure what we do is helping. We want to learn what information you find valuable from these webinars and/or what you would like to see added to them. Be on the lookout for a survey from your Regional Wellness Coordinator!

### **May Health Observances**

- Here are a few May health observances from the [National Holiday & Health Observance Calendar on our website](#). If you are interested in celebrating a health observance but aren't sure how, always feel free to reach out to your Regional Wellness Coordinator for help!

### **Top 6 Tournament**

- The Top 6 Tournament started on April 27<sup>th</sup> and the departments still in the competition are:
  - Division B: Agriculture and Intellectual & Developmental Disabilities
  - Division C: General Services and Human Resources

- Best of luck to all competing! Please continue to work on the monthly activity planners for this year's individual awards.

### **Upcoming WFHTN Schedule**

- June Wellness Council Webinar
  - Thursday, June 4<sup>th</sup> at 9 a.m. Central
- Top 6 Tournament
  - April 27<sup>th</sup>-May 22<sup>nd</sup>
- May Activity Planner
  - Due Friday, May 29<sup>th</sup>

### **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 or feedback! We are here to help you, so we always want to be sure we are doing that!