

WFHTN Wellness Council Webinar Notes November 5, 2020

Welcome

- Hello everyone! Thank you for joining WFHTN's November Wellness Council webinar.
 - During this election week you may feel overwhelming emotions, stress and anxiety. Please know that this is perfectly normal, and that there IS help just for you. As a reminder, all State of Tennessee employees have access to the Employee Assistance Program (EAP) benefits which include 24/7 help when you need it. There are numerous resources available to help with managing stress, anxiety and more. Visit www.here4tn.com for more information.
 - We have been transitioning away from roll call at the end of this webinar, so please go ahead and type in your department in the chat box to let us know who you are representing!
- Today's webinar agenda includes:
 - Fun Fact Challenge
 - What's New with WFHTN
 - Poll Results
 - Wellness Council Spotlight
 - November Health Observances
 - Upcoming WFHTN Schedule
 - Sharing
 - Optional Team Talk

Fun Fact Challenge

- Congratulations to our Fun Fact winner, Seannalyn Brandmeir from the Department of Finance & Administration!

What's New with WFHTN!?

- We are in the middle of Quarter 2!
 - As a reminder, this fiscal year runs from July 2020 through June 2021. We are in the middle of Quarter 2 which includes the months of October, November and December.
- **Quarterly Checklist**
 - Amazing job on your Q1 Quarterly Checklist activities, everyone!
 - Many of you are in the running to take home our 2021 Wellness Warriors Award for this fiscal year! Remember, there will be a Wellness Warriors Award for EACH division. Let's take a look to see who is in the running...
 - **Division A**
 - Children's Services
 - Correction
 - Environment & Conservation
 - Finance & Administration
 - Health
 - Human Services
 - Mental Health & Substance Abuse Services
 - Transportation
 - **Division B**
 - Agriculture

- Education
 - Intellectual & Developmental Disabilities
 - Labor & Workforce
 - Revenue
 - Tennessee Bureau of Investigation
 - TennCare
 - **Division C**
 - General Services
 - Human Resources
- As for the Quarter 2 checklist, you have until December 31st to complete these requirements.
 - Remember, these quarterly checklists are designed to showcase the agencies with consistent execution and effort throughout the year. By the end of the third quarter (January-March), all departments that have completed their checklists will be placed in a tournament for the 2021 Wellness Warriors Award.
 - There is also a make-up checklist in case you miss something in Quarter 1 or Quarter 2. You won't be able to makeup Quarter 3 since the Wellness Warriors Award Challenge will take place during Quarter 4.
 - Questions?
- **November Activity Planner**
 - Today I'll highlight a few activities suggested on the November Activity Planner.
 - Diabetes Risk Test
 - Did you know that November is American Diabetes Month?
 - Many people who have diabetes don't actually know they have it.
 - Share the Diabetes Risk Test with your co-workers to learn about your risk.
 - Here4TN Scavenger Hunt
 - The next Here4TN Scavenger Hunt begins next Monday, November 9th at 8 a.m. Central!
 - The first 50 participants who respond will receive a Here4TN face mask! Remember, responses only count toward the prize if they are received at or after 8 a.m. Central.
 - Be on the lookout for the link first thing Monday morning!
 - Food Journal Challenge
 - It's the holiday season! Can you believe it? Along with the season comes lots of food and more opportunities to eat.
 - One way to monitor what you eat is by logging it in some sort of food journal. Challenge your co-workers to use a food journal for at least one week. They can use a WFHTN food journal or their own. The WFHTN team has one food journal that assesses hunger/fullness and one that assesses emotions right alongside what you are eating.
 - Participants will share one thing they learned from the activity on our Google Form and that's how we'll track participation.
 - An important thing to note is that you aren't expected to be perfect! Recording what you eat (the healthy AND not so healthy) is all important in making yourself aware to what you are consuming and also perhaps WHY you are consuming it. It is okay to enjoy some pie, but you may find you are enjoying sweet treats when feeling stressed, upset, etc.

- Contact your Regional Wellness Coordinator if you have any questions about this 30-point challenge!
 - Have a Healthy Holiday Challenge
 - On Monday, you should have received the flier for the Have a Healthy Holiday Challenge. The holidays are a time of cheer but can also be stressful and lead to anxiety and depression. This challenge encourages participants to reduce their stress by completing activities such as relaxing, taking a nature break, meditating, etc.
 - Registration for this challenge ends next Friday, November 13th and you will have until Friday, November 20th to ensure participants have signed liability waivers.
 - The challenge is 2 weeks and lasts Monday, December 7th-Friday, December 18th.
 - Challenge Ideas from YOU!
 - The WFHTN team loves to get your feedback and we are often inspired by your ideas. For example, the “Planksgiving Challenge” we have offered is an idea straight from the Department of Human Services! The team building activity “Getting to Know Your Co-workers” is from the creative minds at the Department of General Services. We love hearing your ideas and we can do the work to turn the idea into an actual challenge, activity, event, etc.
 - Perhaps you are an expert in a certain field and have some ideas around your expertise (i.e. a challenge involving the environment, an activity about gardening, a crossword puzzle about fire safety, etc.)
 - Our team would like to start featuring more ideas on the monthly activity planners that are inspired by YOU.
 - Your Regional Wellness Coordinator would love to hear from you and remember, WE will do the work to turn your ideas into reality!

Poll Results

- **Let’s take a look at some results from past monthly polls!**
- **August 2020 Poll** (278 Responses, 15 Departments)
 - **Question: *What types of WFHTN challenges would you participate in?***
 - Physical Activity (203)
 - Healthy Eating (194)
 - Mindfulness/Mental Health (177)
 - Tobacco Cessation (10)
- **September 2020 Poll** (326 Responses, 19 Departments)
 - **Question: *How would you prefer to receive information about WFHTN events?***
 - ***Written materials (28)***
 - ***E-mails (297)***
 - ***Department meetings (15)***
 - ***Online (46)***
 - ***Other:***
 - TEAMTN.gov
 - Text (2)
 - Outlook Calendar Invitations

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
 - Celebrate a Healthier YOU Challenge
 - Congrats to **Safety & Homeland Security** for coming out on top in this all-department challenge, followed by Health and Human Services!
 - We also want to give a special shout-out to *Education* and *Tourist Development* who each had 100% of their employees who registered complete the Celebrate a Healthier YOU Challenge.
 - Some participants took time to share what they enjoyed about the challenge and here are some quotes
 - TDOT employee: *“I think the Celebrate a Healthier YOU Challenge benefitted me the greatest by causing me to step out of my norm. Everybody seems to have a routine that they do on a regular basis. By following the Challenge Calendar, I was able to break from my monotonous routine and try some different things. It prompted me to start a log of everything I eat and drink, and to record the exercises that I do.”*
 - LWFD employee: *“I have decreased the amount of sugar in my diet substantially. My poor spouse, I have not made cookies or peach cobbler in over a month!”*
 - TDEC employee: *“I loved the challenge. A friend’s success and this challenge encouraged me to commit to 30 minutes of exercise a day. My 20-year-old son helped me walk the trail. I started walking our dog daily before work, then hit the stationary bike at night. I have been feeling so much better as I get my blood flowing as it should. I did a 5K walk virtually exactly at the end of the challenge. I had never done that before. I am proud to have been a part of it. I am hooked on exercise now.”*
 - Department of General Services
 - Several employees from General Services sent in pumpkin recipes including pumpkin pudding, pumpkin alfredo, pumpkin muffins and chocolate chip pumpkin bread.
 - Pictured is Randy Dean making a delicious batch of his chocolate chip pumpkin bread!
 - TennCare
 - TennCare tapped into the new presentation catalog from our friends at ActiveHealth and hosted a session of “Overcoming Emotional Eating.”
 - ICU Challenge
 - Numerous departments including Revenue, Intellectual & Developmental Disabilities, Mental Health & Substance Abuse Services, Health, Finance & Administration, Human Services and Transportation have participated in the ICU Challenge.
 - This challenge involves a workplace awareness campaign designed to decrease the stigma associated with the topic of mental health and foster a workplace

culture that supports emotional health. Together, we can encourage people in emotional distress to reach out for help!

- Pictured is Shalie from Tennessee Department of Revenue's Audit Division who is proud of her accomplishment and participation in the challenge!
- Breast Cancer Awareness
 - Several departments wore pink to honor Breast Cancer Awareness Month
 - Pictured here from Finance & Administration
 - Left: Adrina (F&A Wellness Council Member) baby Elle wearing pink in honor of Breast Cancer Awareness.
 - Right: F&A's Strategic Technology Solutions End Point Management team got together on 10/16 in support of October's Breast Cancer and Lung Cancer awareness and wore Pink & Pearls at their call they attend every day using Microsoft Teams. They tested out the Teams new meeting experience that will be rolling out soon and wore their pink and pearls in the "Together Mode" for the photo.
 - The Department of General Services had a Day of Pink.
 - Left: Randy Dean sports some pink with a sign
 - Middle: The internal audit team celebrating their day of pink
 - Right: A group picture from a virtual on-boarding meeting. They are wearing pink in honor their fearless leader, Angela Barbour!
- Human Services
 - DHS is inviting ALL State employees to join their Monday Meditation, Wellness Wednesdays and Throwback Thursday 15-minute WebEx sessions from now until December 10th at 11:00a.m. Central.
 - **Mondays**: a quick, relaxing guided meditation to start your week out.
 - **Wednesdays**: short physical activity videos.
 - **Thursdays**: let's take it back, waaaaay back, to fitness mavericks like Billy Blanks, Jane Fonda, Richard Simmons and Denise Austin. Get moving with a short video from one of them.
 - Your Regional Wellness Coordinator will share this information with the links to join.
- 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!

November Health Observances

- You can always access this National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/activity-planner-progress.html>
- [American Diabetes Month](#)
- [Lung Cancer Awareness Month](#)
- [National Alzheimer's Disease Awareness Month](#)
- [Great American Smokeout](#) (3rd Thursday in November)
- [World Diabetes Day](#) (November 14th)
- [National Clean Out Your Refrigerator Day](#) (November 15th)

- [National Take a Hike Day](#) (November 17th)

Upcoming WFHTN Schedule

- **December Wellness Council Webinar**
 - Thursday, December 3rd 9-9:30 a.m. Central
 - 9:30-9:45 a.m. Central –WFHTN Team Talk!
- **WFHTN Holiday Challenge**
 - WFHTN's Holiday All-Department Challenge: Have a Healthy Holiday is open for registration until Friday, November 13th. The challenge runs December 7th-18th.

Updates

- If you haven't already, please let us know in the chat box what department you're representing. This is how we will be taking attendance moving forward so that we don't take up your time with the roll call.
- Let's take some time to share what's going on in your department. What wellness activities, challenges, etc. would you like to share?

Questions

If you have any questions, we'd be happy to answer those now. *Remember, stick around for our new "Team Talk" if you'd like! If you need to leave this meeting, thank you for attending today's webinar!*

Team Talk

- Welcome to our first official WFHTN Team Talk!
- Again, this opportunity is optional, but can be a different way to connect with fellow Wellness Council members across agencies and brainstorm with one another.
- As you can see, we already have some topics thanks to your outreach to us (the WFHTN Team). I will help facilitate discussion and the WFHTN Team will chime in, of course. However, if you have other items you'd like to bring up please do! This is an open forum and we are here to help.
 - Let's start with a question about reaching shift workers. Some departments/agencies have people who don't work the typical 8 a.m. to 4:30 p.m. shift and/or don't have easy access to email (ex: correctional officers, working in a hospital, etc.). How do you reach them?
 - Any tips for utilizing technology (ex: WebEx) during AWS?
 - How do you ask co-workers to participate in wellness activities, especially while remote?
 - **Continue discussion as time allows.

Thank you for sticking around for our WFHTN Team Talk! We hope this is a good opportunity to bounce ideas off one another. As always, please reach out to your WFHTN Regional Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!