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May Wellness Council Webinar

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In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- Monthly Fun Fact Challenge
- Challenge Updates
- New Challenges & Lunch & Learn Topic
- #4mind4body Lunch & Learn Series
- May Health Observances
- Upcoming Dates
- Roll Call

Monthly Fun Fact Challenge

Rules of the "Fun Fact Challenge"

- The first Wellness Council representative to get ***2 out of the 3*** answers correct using the **chat feature** will be crowned this month's **Fun Fact Champion!**
- In the event of a tie, a 4th question will be used as a tie breaker.
- The questions will be centered on our three focus areas, weekly handout information and/or information from the previous month's webinar.

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Fun Fact Question #1:

What is the start date for the Top 8 Challenge and the All-Department Challenge?

Answer: _____

Fun Fact Question #2:

- **Studies show laughter increases the release of _____ – those awesome chemicals in the brain that make us feel good.**

A) Androgen B) Endorphins C) Dolphins

Fun Fact Question #3:

True or False: A balanced meal includes whole grains, lean protein, fiber-rich fruits and vegetables, fat-free or low-fat dairy and a small amount of healthy fats.

a) True

b) False

Fun Fact Tie Breaker:

When do we celebrate World No Tobacco Day?

Answer: _____

CHALLENGE UPDATES

2019 TOP 8 TOURNAMENT

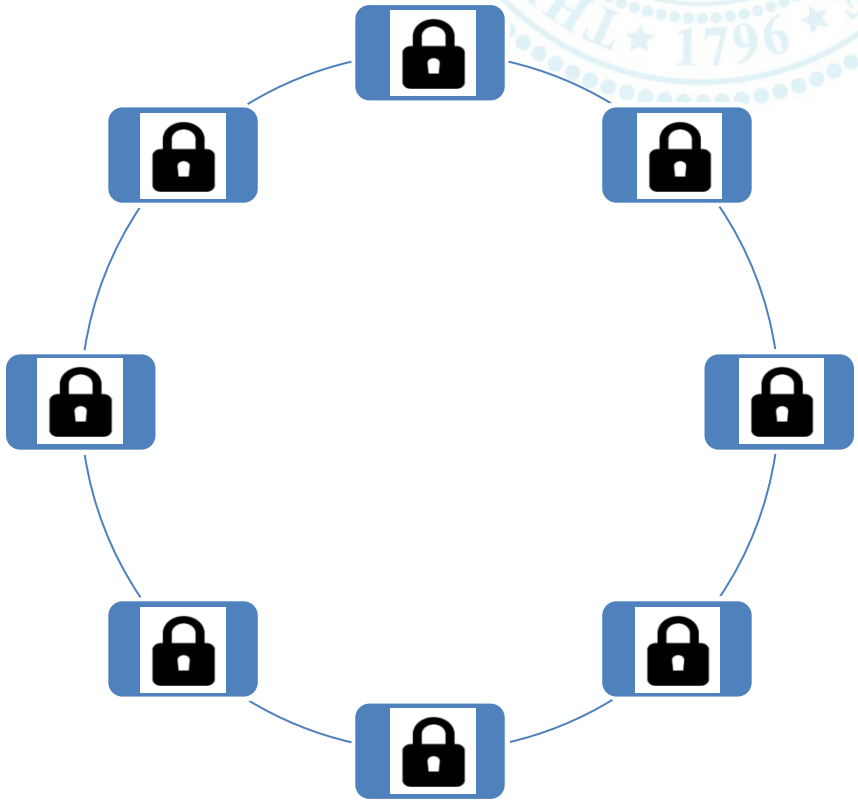
Top 8 Tournament

Departments participating include:

- Human Services
- DIDD
- Agriculture
- Finance & Administration
- Financial Institutions
- Military
- Health
- Safety & Homeland Security

Top 8 Tournament Details

- This year, departments will not need to recruit a team ahead of time and a steps challenge will <u>not</u> be a component of the tournament.
- The Overall Award Winner will be determined using a total of eight separate challenges over the course of the four-week tournament.



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Top 8 Tournament Details

- The Wellness Council Chair and/or Site Champion will be expected to participate throughout the tournament.
- The Top 8 Tournament will take place from May 13-June 7.
- Departments competing should look out for the week 1 email on May 13. Good luck to all!

2019 ALL-DEPARTMENT PHYSICAL ACTIVITY CHALLENGE

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2019 All-Department Physical Activity Challenge: Tour of Tennessee

- Registration is now open!
- The All-Department Physical Activity Challenge: Tour of Tennessee begins May 13 and ends June 7.
- Teams must be registered by May 6.
- Registration requires a Team Captain, your department name and number of team participants.
- Contact WFHT.TN@tn.gov for any questions.

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2019 All-Department Physical Activity Challenge: Tour of Tennessee

- The goal of the **2019 All-Department Physical Activity Challenge: Tour of Tennessee** is to move more than you normally would and complete all four weeks of the challenge!
- Each team will move across the Tour of Tennessee Map, reaching milestones along the way, from Memphis to Gatlinburg!

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2019 All-Department Physical Activity Challenge: Tour of Tennessee

- The winning team will be determined by the *average total physical activity miles*.
  - No set minimum or maximum number of team members.
  - Each participant should set their own personal physical activity goal.
  - Each participant will report their total weekly miles to their Team Captain.
- Team progress charts as well as weekly newsletters with healthy tips to help you succeed will be shared weekly!

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2019 All-Department Physical Activity Challenge: Tour of Tennessee

This challenge will begin on May 13th and end on June 7th.

All-Department Physical Activity Challenge Teams will receive a week 1 email on May 13.

Best of luck to everyone!

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NEW CHALLENGES & LUNCH AND LEARN TOPIC

Jump Rope Challenge

Jump Rope Challenge

Follow this guide and complete the suggested amount of jumps each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	50	150	90	Rest	150	125	Rest
Week 2	165	150	Rest	200	150	Rest	235
Week 3	225	Rest	150	310	Rest	150	350
Week 4	385	150	425	150	465	Rest	500

Use this tracking sheet to record your progress.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Mindfulness RENEW Challenge

R	E	N	E	W
Focus: Choose an object near you. Shift energy on that object. What does it feel like? What does it smell like?	Focus on Your Food: Look at the food on your plate. Notice how each bite feels and tastes. Take time to enjoy the taste and smell of the food.	Spend the Day Smiling: You might make someone else smile too!	5 Senses Technique: Right now, think of what you see, feel, hear, smell and taste. Try this at different times of the day.	Sleep: Go to bed early, read, relax, do some yoga, sleep soundly and wake up refreshed!
Yawn: Yawn and stretch for 10 seconds every hour. Do a fake yawn if you have to. That will trigger real ones. Notice how a yawn interrupts your thoughts and feelings.	Bed-Making: As a moving meditation, mindfully breathe while smoothing and tucking your sheets. Make your bed your absolute and only focus for a few moments.	Body Scan: Close your eyes. In a chair or lying down, do a scan of every part of your body. For every breath, focus on each part.	Aspire: Ask yourself— What is my heart's aspiration? Pause for about 20 seconds. Do this a second time and write down what comes. Perhaps it is to be kind to yourself or to be patient.	Stop When Full: Stop eating when you're full – there's no need to join the clean plate club if it means overeating.
Rearrange Your Space: Choose a space to change up (e.g., your work station, bedroom, closet). Try the 5 Senses Technique before and after rearranging, for comparison.	Wait in Line: Take a few deep breaths to center yourself while waiting. Acknowledge your immediate surroundings and the presence of others while wishing them well.	FREE SPACE	Create a Calm Eating Environment: With less chaos, you can focus on what you are eating. Turn off the TV and computer, put away newspapers, books, and magazines, and try not to eat on the run.	Get Out in Nature: Sit, stand or walk through nature and notice things around you (e.g., animals, noises, shape of clouds).
Stretch: Stretch your back, neck and shoulders especially if you've been staring at a screen. Stand up and stretch from your fingertips to your toes.	Immersion: Take a simple task that has become automatic to you and shift the focus by changing it up (e.g., taking a different route to work). Notice things you never noticed before.	Happy Place: Can you imagine yourself on a beach or in a garden? Visualize that you're truly in your happy place, and then simply rest in the imagery of it for a few minutes to de-stress.	Breathing: Shift awareness to your breathing. Focus on the intensity of your inhale and exhale; the rise and fall of your chest. Observe your heart rate.	Choose Wisely: Ask yourself if you feel satisfied with what you just ate. If yes, what parts of the meal helped you to feel that way? If no, what should you do differently next time?
Ponder: Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.	Shift to the Positive: Cheers to a new perspective! See the glass half-full. A positive outlook can make you happier and healthier.	Daily Intention: Create an intention for the day. Whatever you want your focus to be for the day, make it your intention (e.g., finding happiness in every situation).	Drink Enough Water: When you're dehydrated, you feel sluggish and less alert. Keep a water bottle nearby and sip regularly.	Gratitude Note: On a piece of paper, write down as many things that you are grateful for that you have right now.

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Mindfulness at Work Lunch & Learn

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#4Mind4Body Lunch & Learn Series

- Depression & Anxiety
  - Tuesday, May 7, 11:30-12:30
    TN Tower, 3rd floor, rooms A&C
- Raising Kids and Teens
  - Monday, May 13, 11:30-12:30
    TN Tower, 3rd floor, room D
- Virtual Visits
  - Wednesday, May 29, 11:30-12:30
    TN Tower, 3rd floor, rooms A&C

Go to www.tn.gov/wfhtn under Events & Activities for a link to the webpage where you can get more details and login info.

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May Health Observances

- Mental Health Month (May)
- Global Employee Health & Fitness Month (May)
- National Physical Fitness & Sports Month (May)
- National Bike Month (May)
- National Bike to Work Day (May 17)
- Nat'l Women's Health Week (May 12-18)
- World No Tobacco Day (May 31)

Upcoming Dates

- June Wellness Council Webinar
  - Thursday, June 6th at 9 a.m. Central
- Q4 (April-June) Point Tracker
  - Ends Friday, June 28th
- 2019 All-Department Physical Activity Challenge and 2019 Top 8 Tournament
  - May 13 – June 7

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Roll Call & New Program Ideas

Questions?

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