

How to Add Wellness to Your Workplace



Create a healthy workplace by sharing resources with your coworkers to help promote healthy habits.

Wellness resources

Tools & trackers

Resources for managing stress

Make your well-being a priority by learning behaviors and tools to help you live a healthier life.

<u>Host a presentation</u>

Join a scheduled webinar

<u>Video library</u>



Challenge

Boost your healthy habits, decrease stress and gain social support by hosting or joining a wellness challenge.

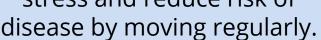


Improve your brain health, manage weight, decrease stress and reduce risk of

<u>Lead a team building</u> <u>activity</u>

<u>Join a challenge</u>

<u>Host a challenge</u>



Lead a stretch break (select Ways to Get Active)

<u>Join a workout</u>

Start a walking club



Inspire

Whether you **share your successes** or those of others, you can motivate your colleagues to live a healthier life.

<u>Make kindness the norm</u> by doing a daily act of kindness for yourself and one for a colleague.

Did you lead a wellness activity in your state agency? Share with us at <u>https://stateoftennessee.formstack.com/forms/wfhtn_wc_activity_submission_fy2024</u>

For more ideas and resources, email <u>WFHT.TN@tn.gov</u>.

