

WFHTN Wellness Council Webinar Notes December 3, 2020

Welcome

- Hello everyone! Thank you for joining WFHTN's December Wellness Council webinar.
 - We have been transitioning away from roll call at the end of our webinars, so please go ahead and type your department or agency in the chat box to let us know who you are representing!
- Today's webinar agenda includes:
 - Kahoot!
 - What's New with WFHTN
 - Wellness Council Spotlight
 - December Health Observances
 - Upcoming WFHTN Schedule
 - Sharing
 - Optional Team Talk

Fun Fact Challenge

- Congratulations to the top three winners of our holiday-themed game of Kahoot!:
 - Cris from Mental Health & Substance Abuse Services
 - Jaime from Health
 - Shannon from Safety & Homeland Security

What's New with WFHTN!?

- **Quarterly Checklist**
 - Just a quick reminder about the Quarter 2 checklist. You have until December 30th to complete these requirements.
 - Remember, these quarterly checklists are designed to showcase the agencies with consistent implementation 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 Awards. There will be a 2021 Wellness Warriors Award winner in each division for a total of three awards given to the most deserving agencies.
 - There is also a make-up checklist in case you missed something in Quarter 1 or Quarter 2. You won't be able to make up Quarter 3 since the Wellness Warriors Award Challenge will take place during Quarter 4. Please let your Regional Wellness Coordinator know if you need help completing any of the requirements.
 - Just a quick reminder that we will also give awards at the end of this fiscal year for high performance in each focus area and some special awards like most creative and most improved.
 - Are there any questions before we move on?
- **December Activity Planner**
 - Today I'll highlight a few activities suggested on the December Activity Planner.
 - The Have a Healthy Holiday Challenge starts Monday, December 7th and will end on Friday, December 18th. We will be sending weekly messages from our Working for a Healthier TN mailbox to the registered participants.

- Host a Lunch ‘n Learn or webinar. A couple of suggested topics include Holiday Survival Plan and Making the Holidays Happier.
 - And ‘tis the season for holiday food! Encourage employees to participate in a virtual recipe swap. Have them share their healthier holiday favorites.
- Challenge Ideas from YOU!
 - As we mentioned during our November webinar, 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!
- **A Look Ahead**
 - The new year is quickly approaching so I wanted to take a moment to spotlight some activities highlighted in the January Activity Planner.
 - Help your colleague reach their 2021 goals by hosting a four-week S.M.A.R.T. Goal Challenge.
 - Promote Live Workouts with Working for a Healthier Tennessee. Extra points will be given for participation. Check with your Regional Wellness Coordinator for more details.
 - Many New Year’s goals involve both healthier eating and sticking to a budget. Share the video: “[Eat Right on A Budget](#)” from [eatright.org](#).
 - The Q3 (January – March) Activity Planners and Checklist will be available December 14th.

Wellness Council Spotlight

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- **Department of Children’s Services** has been trying out some short Virtual Breaks. They’ve already hosted walking at home and stretching.
- **Department of Correction** hosted a Planksgiving challenge. Employees worked together to take on the challenge!
- **Department of General Services** Since September, the Department of General Services has been holding 30-minute “Coffee & Conversation” sessions. On November 13th they held another “Coffee & Conversation” during which employees shared photos of veterans in honor of Veterans Day. They also took time to reflect on questions that revolved around gratitude. It’s a great way for co-workers to gather virtually and connect!
- During the holidays, the **Department of Finance and Administration** is hosting a Slay Bell team Challenge. The goal of the Slay Bell Challenge is to maintain your starting weight from the holidays through the New Year!
- The **Department of Human Resources** shared these delicious, healthy recipes for the Thanksgiving holiday! What an awesome way to encourage healthier eating habits this holiday season.
- **Department of Revenue’s** Hearing and Legal Office publishes a fun newsletter and their November edition included employees sharing photos of their fall sweaters; playing Guess Who? on “the most unfortunate fashion trend you adopted in your youth”; and an All You Can Eat Carrot Contest as a fun way to recover from Halloween -- instead of candy, they ate baby carrots! The winner shared that ‘She may have officially replaced the peanut M&M habit by eating more carrots than she has in years!’
- **Department of Human Services** is inviting ALL State employees to join their Wellness Wednesdays 15-minute physical activity WebEx sessions. No registration necessary. The link to

[join](#) is the same for every Wednesday. Your Regional Wellness Coordinator will share this information with the link to join.

- **Department of Intellectual and Developmental Disabilities** hosted another Office Ergonomics webinar since the participation was so high for the first one. The West offices played the Who or What Am I team-building activity and gave great clues!
- Keep up the great work and please continue to share all your successes and photos with us – including tagging us on your department’s social media!

Thank YOU!

- I would like to take a moment to express our gratitude. You all have continued to demonstrate dedication, creativity and resilience during this very difficult year. You all make a difference in the lives of our state employees every single day. Working for a Healthier TN wouldn’t be successful without people like you! We appreciate you!

December Health Observances

- [National Influenza Vaccination Week](#) (December 6-12)
- [National Handwashing Awareness Week](#) (1st week of December)
- You can always access this National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/activity-planner-progress.html>

Upcoming WFHTN Schedule

- **WFHTN Healthy Holiday Challenge** runs December 7th-18th
- **Q2 (Oct.-Dec.) Checklist**
 - DUE December 30th
- **December Activity Planner**
 - DUE December 30th
- **January Wellness Council Webinar**
 - Thursday, January 7th 9-9:30 a.m. Central
 - 9:30-9:45 a.m. Central –WFHTN Team Talk!

Updates

- If you haven’t already, please let us know in the chat box which 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 or programs would you like to share?
 - Agriculture
 - Children’s Services
 - Commerce and Insurance
 - Commission on Aging and Disability
 - Correction
 - Economic and Community Development
 - Education
 - Environment and Conservation
 - Finance and Administration
 - Financial Institutions
 - General Services
 - Health

- Human Resources
- Human Services
- Intellectual and Developmental Disabilities
- Labor and Workforce
- Mental Health and Substance Abuse Services
- Military
- Revenue
- Safety and Homeland Security
- TBI
- TennCare
- TN Courts
- Tourist Development
- Transportation
- Tricor
- TWRA
- Veterans Services

Questions

If you have any questions, we'd be happy to answer those now. *Remember, stick around for our "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 Working for a Healthier TN 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. I will help facilitate the discussion and the WFHTN Team will chime in, of course. However, if you have other topics 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 how other Wellness Councils are structured.
 - We received this question during last month's Team Talk.
 - We have a "chair" and members, but no real defined roles yet. Someone mentioned a "planning team". Would it be a good idea to have someone whose sole role is recruiting more members (across each division of our department) on a shorter rotation to prevent burnout? What's the expectation when someone "joins" your council?
 - How do you recruit new Wellness Council members?
 - Do you give Wellness Council members an 'out' to prevent burnout?
 - ***Continue discussion as time allows.*

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