WORKING FOR A HEALTHIER TN

Wellness Council Webinar

February 2024

/WFHTN

@WorkingForAHealthierTN

@wfhtn

Encouraging and enabling state employees to lead healthier lives

Today’s Agenda

- Wear Red Group Photo
- Moments of Wellness
- Celebrations
- Quarterly Activity List
- What’s New
- Wellness Council Spotlights
- Upcoming Schedule
- Your Updates

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Wear Red Group Photo

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Moments of Wellness

Stretch Break

- 12-week stretching regimen can lead to…
  - Improved blood flow
  - Lowered blood pressure
  - Decreased stiffness of arteries

- Day 12 of the **21 Days to a Healthier Heart Challenge** is to add a stretch break to your calendar, or join in seated yoga from 12-12:15 p.m. CT.

- Seated Stretches for the Workplace

Neck Rolls

Seated Cat-Cow

- **Inhale** as you bring your back in/away from your chair
- **Exhale** as you curve your back out/toward your chair

Fats and Oils Quiz

Fats and Oils Quiz

- **Want to do this with your team?**
  - Send out the Formstack version
  - Contact your Wellness Coordinator

  - Reminder, we have a wide variety of prizes to choose from, and we keep our inventory list up to date.
    - Check it out: wfhtn_prize inventory.docx

Positive Affirmations

https://youtu.be/DiS5tE7a_hQ

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Celebrations

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Angela Scruggs - Jan. 24
(General Services)

Kyle Jones - Feb. 12
(Labor and Workforce Development)

Celebrations!

Department of Human Resources

Emily Tataryn, Wellness Co-Chair

Abby L. Sparks, Wellness Co-Chair

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Quarterly Activity List

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February Activities & Info

- The 21 Days to a Healthier Heart Challenge starts next Wednesday, Feb. 7!
  - Three participants chosen at random will win a prize.
  - Plus, one participant chosen at random will win the grand prize of a fitness tracker or a Working for a Healthier Tennessee swag bundle!

- Weekly vlog series: Working for a Healthier Me
  - Watch <1-minute videos from Communications Coordinator Natalie Bannon as she works on her health goals.
  - Videos will be posted on our Instagram Reels and YouTube Shorts.

- Share messages of appreciation in honor of Relationship Wellness Month.
  - Submit using this form by Feb. 23.

February Activities & Info

Virtual Events

- Office Exercises Workout on Thursday, Feb. 8 from 12-12:15 p.m. CT
- Building a Culture of Kindness: Strategies for Promoting Positive Mental Health and Strong Relationships (presented by Optum Health) on Tuesday, Feb. 13 from 12-12:30 p.m. CT
- Meditation Break with Nat on Wednesday, Feb. 21 from 11:30 a.m. – 12 p.m. CT

- Q3 Activity List: https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html

February Wellness Calendar

Feel Good February

Week	Monday	Tuesday	Wednesday	Thursday	FRIDAY
February 1-2	Join the **21 Days to a Healthier Heart Challenge** from Feb. 7-27. Sign-up by Friday, Feb. 9 for a chance to win a prize: https://stateoftennessee.formstack.com/forms/wfhtn_21_days_to_a_healthier_heart_challenge			Take a **Fitness Break** with DCS from 10-10:15 a.m. (Calendar invite)	Here's a tip! Try this **Healthy Dill Pickle Dip**.
February 5-9	Read about **physical activity and cancer risk** in recognition of World Cancer Day (Feb. 4).	Join us for a **Dance Break** from 12-12:15 p.m. (Calendar invite)	Take a **10-minute Fitness Break** with DHS from 11-11:10 a.m. (Calendar invite)	Join the **Office Exercises Workout** from 12-12:15 p.m. (Calendar invite)	Usher in the halftime show with some **BBQ Cauliflower Bites**.
February 12-16	Join **Yoga for All** from 12-12:15 p.m. (Calendar invite)	Learn how to **Build a Culture of Kindness** (presented by Optum Health) from 12-12:30 p.m. (Register)	Learn **How to Simplify Your Life** (presented by Optum Health) from 12-12:30 p.m. (Register)	Join this **Meditation Break** with TDH from 11:15-11:30 a.m. (Calendar invite)	**Random Acts of Kindness Day** is Feb. 17 #Make Kindness the Norm
February 19-23	HAPPY Presidents DAY **State Holiday**	"Just be yourself, there is no one better." -Taylor Swift	Give your mind a break at **Meditation with Nat** from 11:30 a.m. – 12 p.m. (Calendar invite)	Check out our new Partners for Health wellness vendor, **Sharecare**.	Try this **Lightened Up Banana Pudding**.
February 26-29	"Make the most of yourself, for that is all there is of you." -Ralph Waldo Emerson	Read **How Can I Reduce High Blood Pressure** in honor of American Heart Month.	Check out our **YouTube channel**!	What is a Leap Year? Find out!	**Please note:** All times listed are in the Central time zone.

https://www.tn.gov/wfhtn/challenges/wellness-events.html

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What’s New?

All Employee Survey - FY2024

- **Survey promoted twice:**
  - Be Well @Work monthly newsletter (Oct. 5)
  - WFHTN weekly newsletter (Oct. 9)

- **Survey submissions:**
  - 53 employees
  - 16 agencies

All Employee Survey - FY2024

- **Five employees interested in joining their Wellness Council**
  - Wellness Chairs have been notified

- **Twelve employees interested in participating in a focus group**
  - Setting up online focus group meetings

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Wellness Council Spotlights

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You're Invited to the Health Fair

Labor & Workforce Development

- **Tuesday, March 5 from 11:15 a.m. to 1:15 p.m. CT**
- **PEARL Center:** 220 French Landing Drive, Nashville, TN
- Sneak peek of the fair
  - Cigna/BCBS
  - Here4TN
  - Sharecare
  - Working for a Healthier Tennessee
- **Popcorn, smoothies and free goodies!**

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Wellness Wednesdays

Department of Children's Services

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Stretch & Breathe

Department of Health

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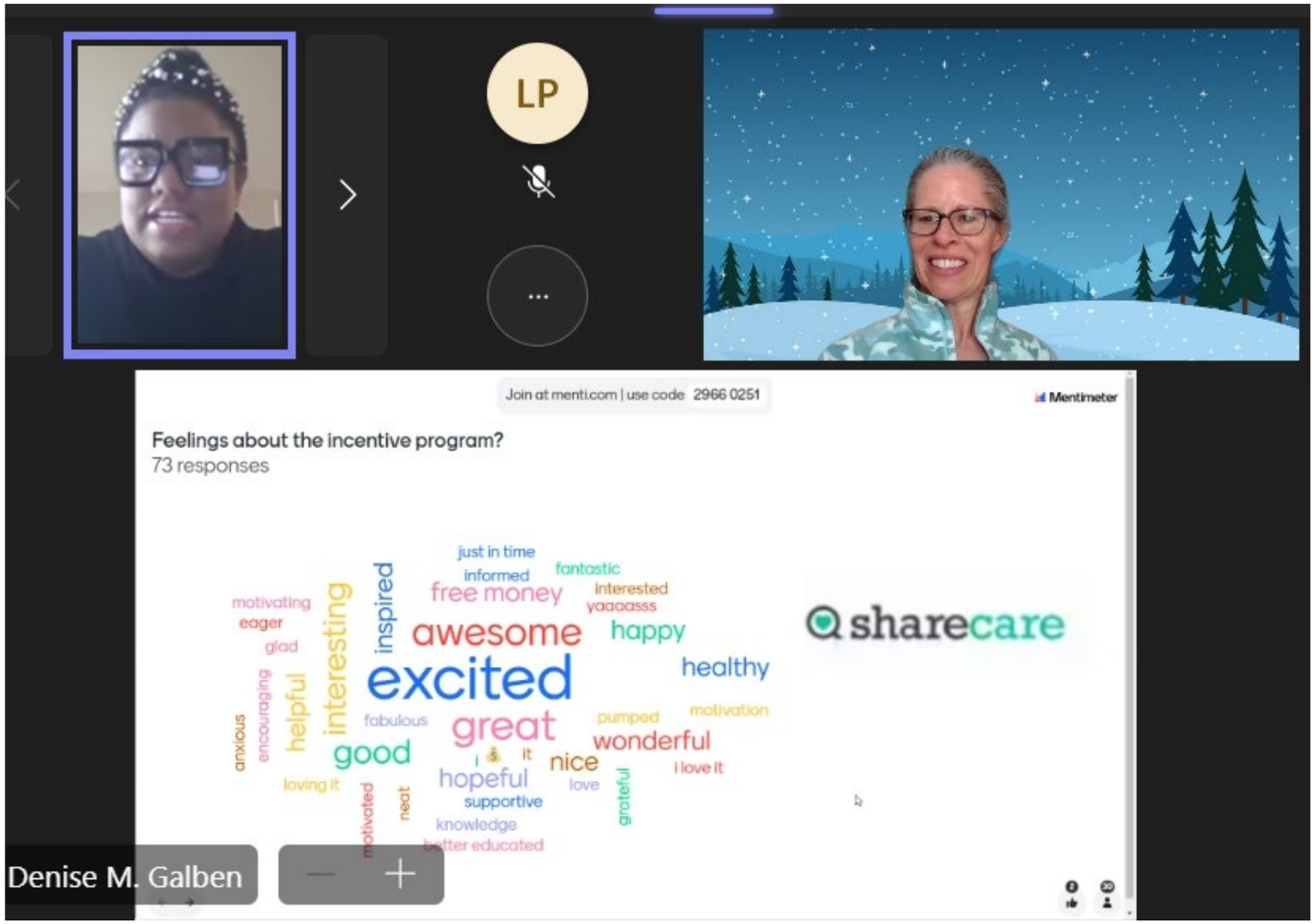
Empower Hour

Department of Human Services



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4th Annual TDCI Olympics

Department of Commerce and Insurance

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Upcoming Schedule

March Wellness Council Webinar

Thursday, March 7 from 9-9:45 a.m. CT

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Your Updates

Questions

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Don’t miss an update!
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