WORKING FOR A HEALTHIER TN

Wellness Council Webinar

October 2023

/WFHTN

@WorkingForAHealthierTN

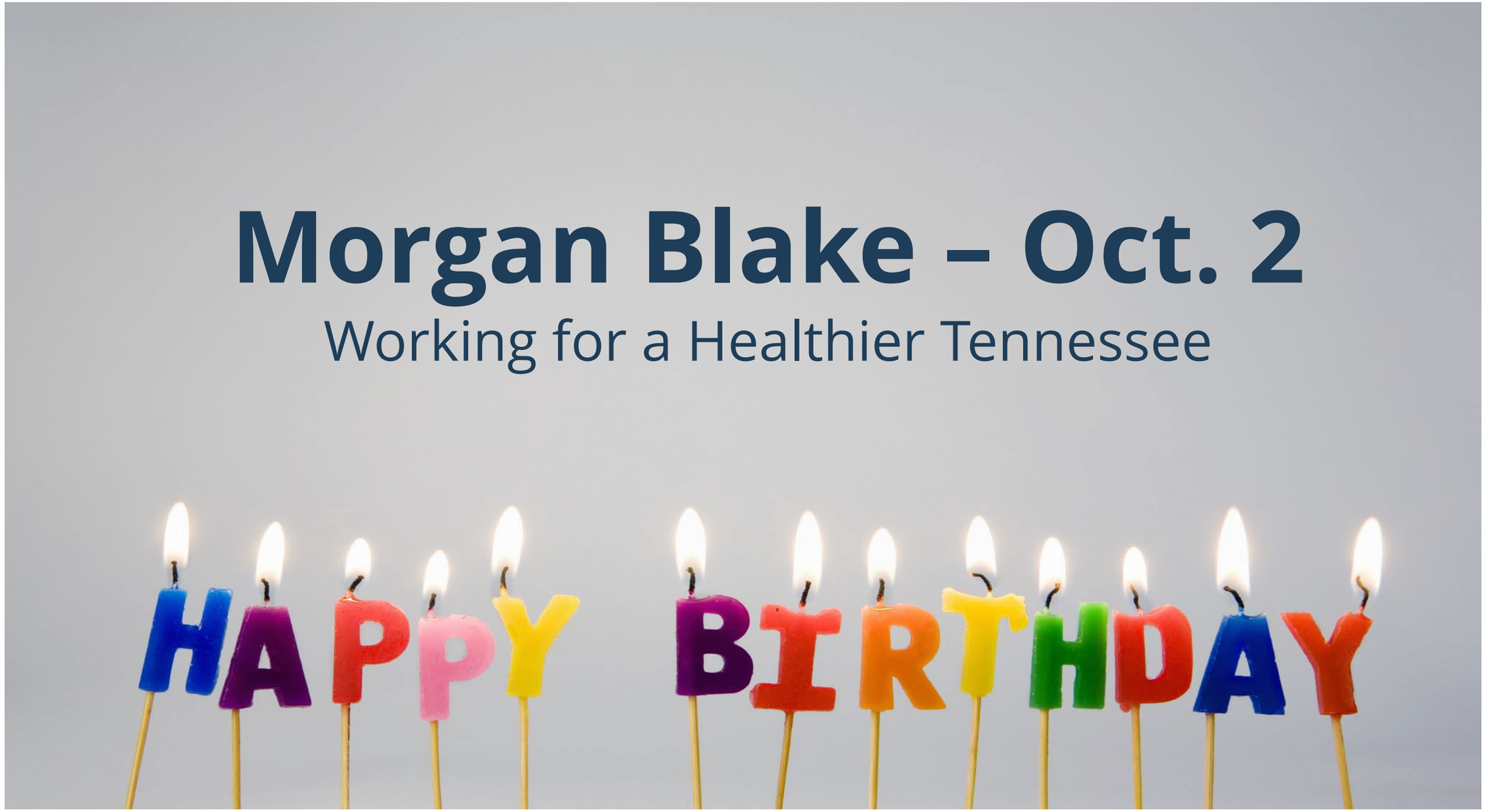
@wfhtn

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- Celebrations
- Survey via Mentimeter
- Quarterly Activity List
- Reminders
- Wellness Council Spotlights
- Upcoming Schedule
- Your Updates

Celebrations!



Let us know in the chat if you're celebrating something this month!

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We need your feedback!

Wellness Council Survey

Please share your thoughts!

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Quarterly Activity List

October Activities

Q2 Activity List now available!

Communicate:

- How to Understand and Use the Nutrition Facts Label in honor of Health Literacy Month.
- How co-workers can enjoy the fall foliage by getting active on one of the greenways and trails across the state.

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

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October Activities

Engage:

- Meditation Break with Nat
  Wednesday, Oct. 18 from 11:30 a.m. – 12 p.m. CT.
  Give your mind a break with live, virtual meditation.
  Download calendar invite.

- Well-being Check-in
  Tuesday, Oct. 24 from 12-12:30 p.m. CT.
  Practice guided imagery!
  Download calendar invite.

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

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October Activities

Inspire Change:

- Participate in our Pick Tennessee Products Photo Contest. Submit photos by Tuesday, Oct. 10: https://stateoftennessee.formstack.com/forms/wfhtn_pick_tennessee_products_photo_contest
  - Voting will take place Oct. 16-19.

- Host a recipe swap for healthier options in honor of National Cookbook Month: https://stateoftennessee.formstack.com/forms/wfhtn_virtual_healthy_recipe_swap

- Participate in our Planksgiving Challenge (Nov. 1-30).

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Reminders

Liability Waivers

Who is responsible? We all are!

- If your agency is hosting an event, use your agency's liability waiver.
- A department or agency-specific liability waiver is needed for all physical activities and events hosted by each Wellness Council.
- The waiver should be reviewed by your legal team annually.
- Some legal teams approve the same wavier used by WFHTN.

  If this occurs, we can create an online Formstack liability waiver for you.
- Let us know how we can help!

October Wellness Calendar

Optimistic October

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2-6	**Talkspace** is your space. It's private, confidential, convenient, and it's included as part of your EAP and behavioral health benefits.	Join us for a **Dance Break** from 12-12:15 p.m. (Calendar invite)	In honor of **Breast Cancer Awareness Month**, send in photos with permission showing off your pink to WFHT.TN@tn.gov.	What makes a good life? Check out this TED Talk about **lessons from the longest study on happiness**.	Learn about **breast cancer awareness**.
October 9-13	Join **Yoga for All every Monday** from 12-12:15 p.m. (Calendar invite)	Get active on one of the more than thousand **greenways and trails** across the state.	Join the **Pick Tennessee Products Scavenger Hunt** from 1-1:30 p.m. (Calendar invite)	Have you ever wondered what a **serving size** looks like? Check out this 30-second video.	October is National Apple Month! Celebrate by enjoying an **Apple Peanut Butter Smoothie**.
October 16-20	Are you familiar with the **ParTNers for Health wellness program**? Learn if you're eligible to earn an incentive.	Don't be scared by these **Halloween Banana Popsicles**. Give them a try!	Join the **How to Support Mental Health Concerns with Friends & Family** webinar from 11:30 a.m. - 12:30 p.m. (Register)	Take a **Fitness Break** with DCS from 10-10:15 a.m. (Calendar invite)	**Submit a healthy recipe** in honor of National Cookbook Month (October).
October 23-27	October is National Pumpkin Month. Try this **Pumpkin Fluff Dip**.	Attend our **Well-being Check-in** and practice guided imagery from 12-12:30 p.m. (Calendar invite)	Take a **10-Minute Fitness Break** with DHS from 11-11:10 a.m. (Calendar invite)	Read **How to Understand and Use the Nutrition Facts Label** in honor of Health Literacy Month.	Do you have an employee **success story** to share? Let us know and we'll help you inspire others!
October 30-31	Plan ahead to improve your strength. Learn **How to Plank** on Wednesday, Nov. 1 from 12-12:20 p.m. (Calendar invite)	Complete the **Healthier Halloween Scavenger Hunt** by Wednesday, Nov. 8. Five participants chosen at random will win a prize!			

Please note:
All times listed are in the Central time zone.

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Wellness Council Activity Submission Form

https://stateoftennessee.formstack.com/forms/wfhtn_wc_activity_submission_fy2024

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Wellness Council Spotlights

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Find Your Flow Yoga Challenge

222 employees from 27 agencies!

- “Thanks to this challenge for helping me get back on track!”
  -Department of Revenue

- “I have struggled with this cold bug, and this is just what I needed to get back into my fitness routine. Thanks!”
  -Department of Intellectual & Developmental Disabilities

- “I love practicing yoga and with this being my first ‘real’ job right out of college, I am super excited to see how I may be able to implement this practice into my busy work day! This is an exciting challenge to join after only two weeks into working for the State of TN.”
  -Department of Environment & Conservation

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Tailgating with The Sunshine Club

Tennessee Courts

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Stretching it Out!

Department of Human Services

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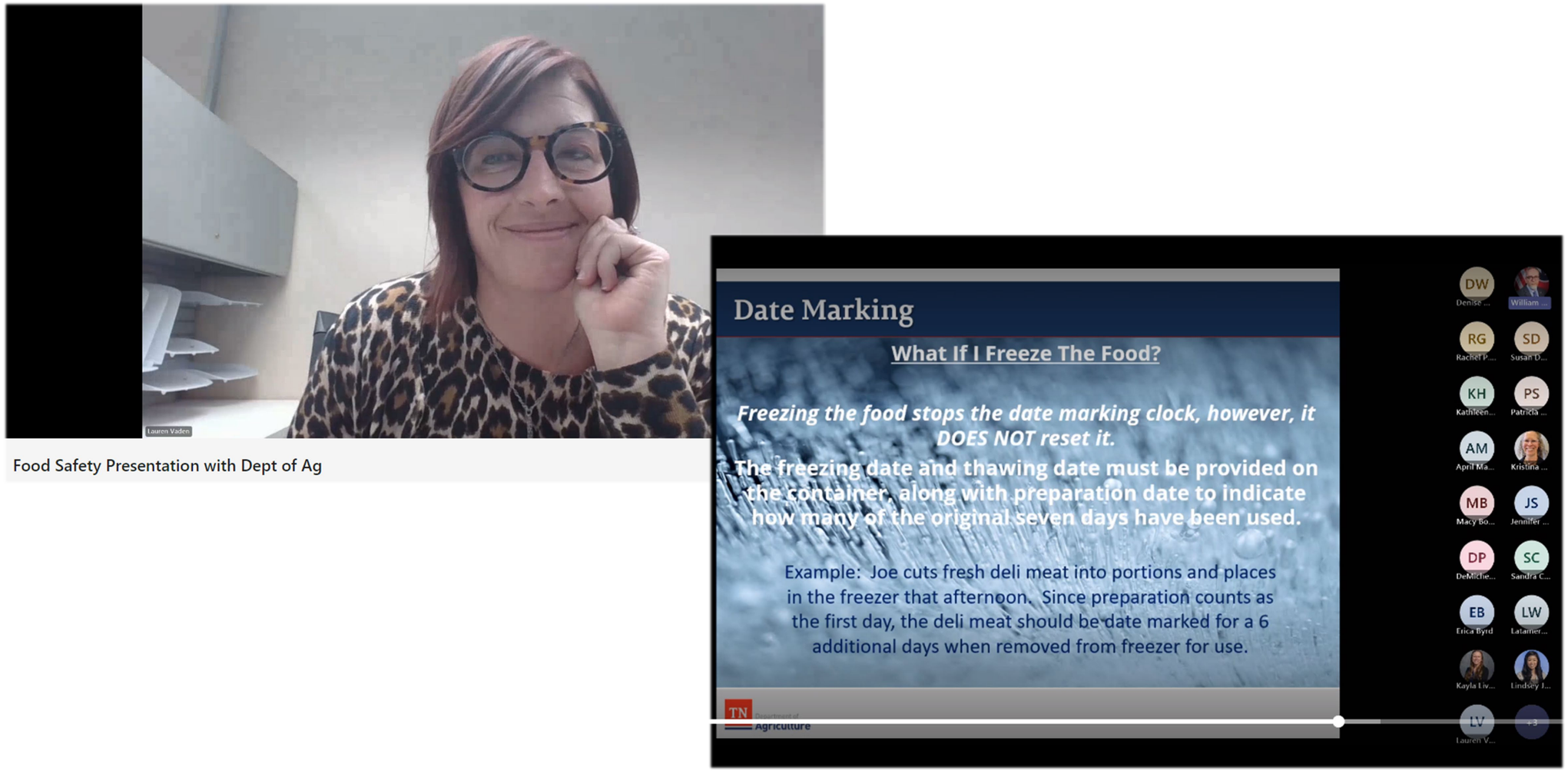
Food Safety Month

Departments of Human Services & Agriculture



Food Safety Presentation with Dept of Ag

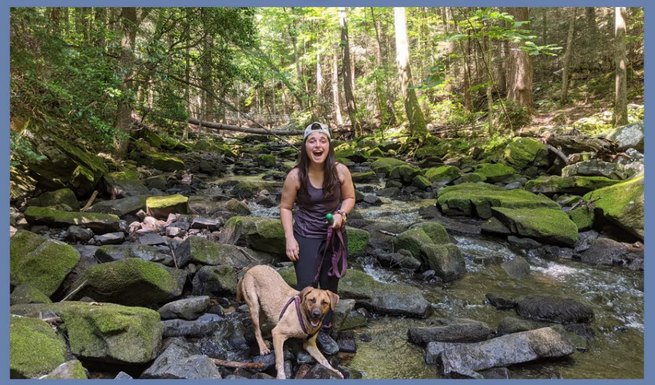
Summer Fun Photo Contest

Department of Transportation

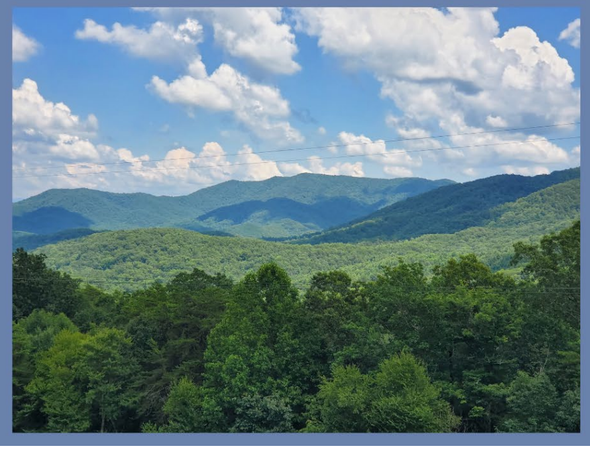
Summer Fun Photo Contest

Winners

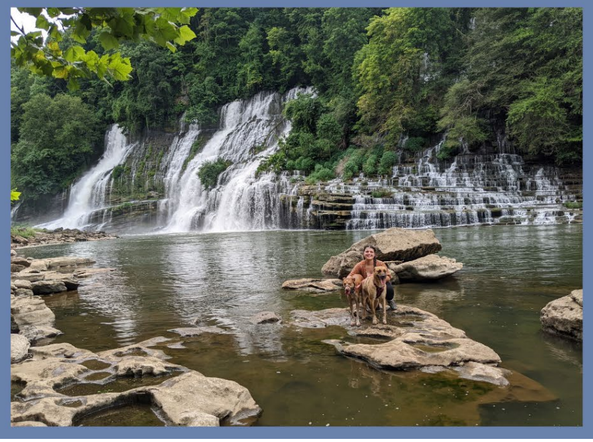
Getting Active



Nature Shot



Water Shot



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Stretch Break & Team Building

Department of Health

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Passing the Meditation Torch

Department of Health

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Velociraptor Awareness Month

Department of Commerce & Insurance

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Eat Healthier and Move More

Department of Revenue

Our Special Investigations team recently had a training retreat at Fall Creek Falls State Park ! They finished the week off with a guided hike! Thank you, Working for a Healthier Tennessee, for helping facilitate this! 🥾

24 2 5

Tennessee Department of Revenue
2h ·

Audit team member, Jimmy Setser, had a scary diagnosis that led to a major lifestyle change! In just a few short months he's turned things around! Thank you, James, for sharing your story! Working for a Healthier Tennessee

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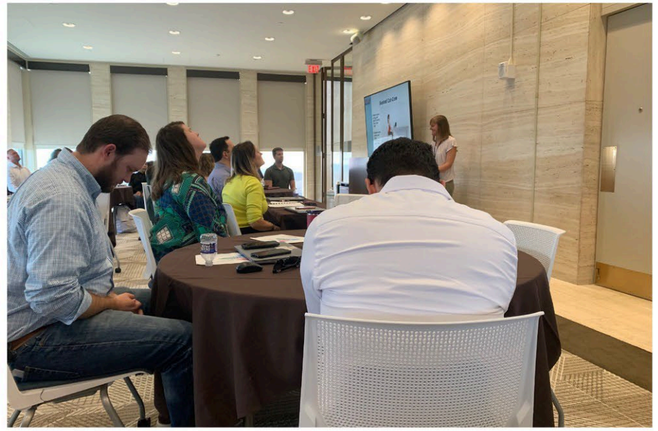
Mindfulness Break

Department of Revenue



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60 Miles for 60 Years

Commission on Aging & Disability

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Upcoming Schedule

November Wellness Council Webinar

Thursday, Nov. 2 from 9-9:45 a.m. CT

Quarter 2 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

For our full virtual event list, please visit
https://www.tn.gov/wfhtn/challenges/wellness-events.html

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Your Updates

Questions

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Don’t miss an update!
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