

Celebrate Wellness Week, June 10-14



 Mental Health Monday	 Grati-Tuesday	 Wellness Wednesday	 Thirsty Thursday	 Financial Friday
<p>Take care of your mental health by exploring these <u>free mindfulness resources</u>, which include videos to help you relax and helpful materials from your <u>wellness benefits</u>.</p>	<p>Share one thing you are grateful for in our <u>Wellness Week Word Cloud</u>. <u>Feeling more stressed than blessed?</u> That's okay. We got you!</p>	<p>Move for at least 30 minutes today. Pro tip: You can break the 30 minutes into smaller, more manageable amounts of time! <u>Learn about your barriers to being active</u>.</p>	<p>Take a picture of yourself drinking water and post it on social media. Don't forget to tag us!*</p> <p><u>Need some inspiration from other employees?</u></p>	<p>Take a moment to read <u>Are You Financially Fit?</u> and learn about the benefits through <u>Here4TN's Emotional Wellbeing Solutions program</u> related to finances and how to make a budget.</p>

Directions: Try to complete each day's activity. Download this [calendar reminder](#) to submit your participation by June 18 for a chance to win a baseball cap! Let us know about your experience for a chance to win: https://stateofennessee.formstack.com/forms/wfhtn_wellness_week_2024

*Tag Working for a Healthier Tennessee in your [Facebook](#) (@WFHTN) or [Instagram](#) (@workingforahealthiertn) posts!

Note: If tagging WFHTN on social media, your post audience must be set to "public".

Not on social media or prefer not to tag us? Email photo(s) to WFHT.TN@tn.gov to be shared.

