

Wellness Council Webinar Notes May 2, 2019

Welcome

- Good morning to everyone! Thank you for joining the May Wellness Council webinar.
- Today's agenda includes:
 - Monthly Fun Fact Challenge
 - Challenge updates
 - New challenges and lunch and learn topic
 - 4Mind4Body Lunch and Learn Series
 - May health observances
 - Upcoming dates
 - Roll call

Monthly Fun Fact Challenge

- Congratulations to the Wellness Council Webinar Fun Fact Champion: May — Krystin Bandy, TBI

Challenge Updates

- Top 8 Tournament
- All-Department Physical Activity Challenge

New Challenges & Lunch & Learn Topic

- **Jump Rope Challenge**
 - Organize a [Jump Rope Challenge](#) to encourage employees to move more.
 - Follow this guide and complete the suggested amount of jumps each day.
 - Submit a [participation tracking sheet](#) to your Regional Wellness Coordinator.
- **Mindfulness RENEW Challenge**
 - What is Mindfulness?
 - Simply put, this is the act of paying close attention to your thoughts, feelings and sensations as they're happening. This is sometimes called being present in the moment. When your thoughts drift away from being "present," just notice it and gently redirect your attention back without being critical of yourself. According to research, regular practice of mindfulness – even for short periods – provides a variety of health benefits, such as improving your focus, decreasing anxiety, reducing depression and boosting your immune system.
 - Why Renew?
 - The meaning of renew is to make or become new, fresh or strong again.
 - Objective: To practice mindfulness exercises on a regular basis for a variety of health benefits.
 - Time duration: This is a four-week challenge, but can also be shortened.
 - How to play: For every activity completed, cross it out on your RENEW card.
 - The Mindfulness RENEW Challenge is now available on the Challenges page of our website.
 - This includes the sign-up sheet, RENEW cards and weekly inspirational quotes for participants.

- **Mindfulness at Work Lunch & Learn**
 - Learn about the many health benefits of practicing mindfulness on a daily basis, such as improving your focus and decreasing anxiety.
 - Also, try some mindfulness practices at work or home, using the mindfulness practice guide.
 - Contact your Regional Wellness Coordinator to schedule the Mindfulness at Work Lunch & Learn!

#4Mind4Body Lunch & Learn Series

- As May is Mental Health Awareness Month, ParTNers for Health is teaming up with the Department of Mental Health and Substance Abuse Services to offer several Lunch & Learns for state employees.
- You do not have to pre-register for a date and time. You can join in-person or login for the webinar.
- Remaining sessions are as follows:
 - Depression and Anxiety is Tuesday, May 7 from 11:30 a.m. to 12:30 p.m. in rooms A&C on the third floor of the TN Tower
 - Raising Kids and Teens will be Monday, May 13 from 11:30 a.m. to 12:30 p.m. in room D on the third floor of the TN Tower
 - Virtual Visits – an outpatient mental health treatment option – will be discussed Wednesday, May 29 from 11:30 a.m. to 12:30 p.m. in rooms A&C of the TN Tower
- On the Working for a Healthier TN homepage at www.tn.gov/wfhtn, under Events & Activities we have a link to the webpage where you can get more details about each Lunch & Learn session and the link to log in to the webinars.

Upcoming Health Observances

- [Mental Health Month \(May\)](#)
- [Global Employee Health & Fitness Month May](#)
- [National Physical Fitness & Sports Month \(May\)](#)
- [National Bike Month \(May\)](#)
- [National Bike to Work Day \(May 17\)](#)
- [Nat'l Women's Health Week \(May 12-18\)](#)
- [World No Tobacco Day \(May 31\)](#)

Upcoming Dates

- June Wellness Council Webinar
 - Thursday, June 6th at 9 a.m. Central
- Q4 (April-June) Point Tracker
 - Ends Friday, June 28th
- 2019 All-Department Physical Activity Challenge and 2019 Top 8 Tournament
 - May 13 – June 7

Roll Call

- Let us know you are representing your Wellness Council by giving us a shout out in the chat box! (You'll have an opportunity to share your Wellness Council successes and ask questions once roll call is complete.)
 1. Agriculture

2. Children's Services
3. Commerce and Insurance
4. Commission on Aging and Disability
5. Correction
6. Economic and Community Development
7. Education
8. Environment and Conservation
9. Finance and Administration
10. Financial Institutions
11. General Services
12. Health
13. Human Resources
14. Human Services
15. Intellectual and Developmental Disabilities
16. Labor and Workforce
17. Mental Health and Substance Abuse Services
18. Military
19. Revenue
20. Safety and Homeland Security
21. TBI
22. TennCare
23. Tourist Development
24. Transportation
25. Tricor
26. TWRA
27. Veterans Services

Thank you all for attending today's webinar. Please reach out to your Regional Wellness Coordinator if you have any questions or would like to share ideas.