



June is Great Outdoors Month!

Getting out in nature has numerous health benefits. You can read more about the benefits in [Get Out! 5 Benefits of Outdoor Exercise](#). Explore the beauty of Tennessee by visiting one of the many Tennessee [Greenways, Trails](#) or [State Parks](#)! Read the [Get the Right Sneakers for Your Workout Infographic](#) to make sure you have the right shoes for the activity.

Join the Get Outdoors Challenge!

Monday, July 10 – Sunday, August 4

Let's get outdoors and enjoy all the health benefits nature has to offer. The challenge has weekly tasks designed to help you get outdoors and discover new ways to enjoy nature. You can join an optional Microsoft Teams chat to share your discoveries and get ideas from co-workers.

Five participants chosen at random will win a prize!

Sign up by Friday, July 7:

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

Upcoming Virtual Events



Stretch Break

Thursday, June 29 from 12-12:15 p.m. CT

Ready for a stretch break to help you feel less stiff and more mobile? Wellness Coordinator [Kristina Giard-Bradford](#) will be leading a stretch break for all fitness levels. No equipment needed.

Attire: Anything you can move in.

[Download calendar invite](#)

You can access all upcoming activities, webinars and workouts at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>.

Can't attend a live event? Try these **Desk Stretches**:
https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn_desk_stretches_final.pdf



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Humans tend to be social by nature, so it's important to stay connected. Even when we can't physically be together, technology can help. Reach out to family and friends over the phone, text and video chats. Consider using this time to rediscover the joy of sending an actual letter. Nothing beats seeing your loved ones face to face, but you can still give and receive social support. To learn more about connecting, check out the attached handouts.

Recipe Spotlight



Cool off this summer with these **Homemade Strawberry Popsicles**. Strawberries are **packed** with nutrients! They are an excellent source of vitamin C which is necessary for immune and skin health. They also contain manganese, which is important for many processes in the body. Folate, which is important for cell function, and potassium, which regulates blood pressure, are also found in strawberries. They're very rich in antioxidants which can be beneficial for heart health and blood sugar control.

<https://www.tn.gov/wfhtn/resources/recipes/desserts/homemade-strawberry-popsicles.html>

If you have questions, feedback or are interested in joining the Wellness Council, email WFHT.TN@tn.gov.



WFHT.TN@tn.gov



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Building healthy relationships

Our first lessons about how to be with other people come from our parents. We carry them into our adult lives. Some of them may be healthy – others may not be as healthy. We're always changing. So keep the lessons you like and let the others go.

Start with you

The constant in every relationship is you. Who are you? What do you want? Your relationships with others will be better when you know and love yourself, and when you know that you deserve to be treated well.

Here are some basic parts of a healthy relationship.

1

HONESTY

You can share the truth about your thoughts and feelings



2

LISTENING

You hear each other out, even if you don't agree.



3

TRUST

You can rely on each other. You're loyal to each other and keep promises.



4

RESPECT

Your feelings, opinions and wishes matter to each other.



5

GIVING

You do things to make each other happy. You're willing to compromise.



6

RECEIVING

You can ask for what you want and accept what the other person offers.





Feel good through gratitude

Stay positive for your well-being

How often do you stop to think about the things you're thankful for every day? It doesn't take long, but the benefits are powerful. Not only can practicing gratitude lead to greater happiness, but it can improve your overall well-being. In some cases, it can:

- Help you sleep better and overcome troubling emotions that keep you awake at night.
- Lower your stress and encourage you to have a more positive outlook on life.
- Help manage your anxiety, so you focus on life's blessings instead of your worries.

If you feel thankful, let it sink in and write it down. It might do wonders for your well-being.

Start your challenge today

Adopt an attitude of gratitude by writing in your gratitude journal for four weeks.

How to begin

- Keep your gratitude journal handy.
- Fill out your weekly journal worksheet every day for four weeks.
- Take time after each week to reflect on everything you wrote.



Notice the good in everything



Focus on the positive and fulfill your challenge with help from these tips:

- ✓ Plan to write in your gratitude journal every day. Set an alarm on your phone or schedule it in your calendar.
- ✓ Keep your journal by your bed so you'll have easy access to it and remember to add your entries. Simply having it in view may give you a sense of gratitude.
- ✓ Don't rush through the process — do it with full attention.
- ✓ Be flexible on the number of things to be grateful for every day. Some days may allow more time and focus than others.
- ✓ Be specific about why you're grateful for the things you write down. This will help you understand what is truly important to you.
- ✓ Focus on people rather than things.
- ✓ Keep the negative out of your journal. Only express the positive.
- ✓ Keep it fresh with new events, people and things you're grateful for. Describe the cause of each event. Credit yourself for the part you played in it.
- ✓ Look at your gratitude journal entries when you need an emotional boost. It can help you readjust your attitude and remember the positive things and people in your life.
- ✓ Stick with it. Notice the differences in how you feel. You'll learn to focus on what truly matters in your life.



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