



Carrie Stein

Director, Clinical Informatics

Johns Hopkins Bayview Medical Center

When the pandemic began and the gyms closed, I could no longer swim twice a week, so I started walking. Those were long workdays, often seven days a week, sometimes well into the evening. Every day at 6 p.m., I would close my computer and go outside and walk for at least 30 minutes, sometimes 45. Rain or shine, hot or cold. Sometimes I'd listen to a podcast or music to turn off the worry and chatter in my head. Then, if I needed to return to my computer later in the evening, I felt refreshed and was able to stay focused. Fortunately, I'm back to swimming my half mile once a week, and I feel so grateful to be back in the pool again! I still walk on days that I don't swim. I get a kick out of seeing the "Awesome" icon pop up on my Healthy at Hopkins app when my steps hit 7,000!

Healthy at Hopkins has given me tips to stay motivated to move during long workdays, encouraging me to get up regularly even for five minutes. I can't believe how much more aware I am now of incorporating these breaks into my day.

Putting Mindful Monday and Walking Wednesday on my calendar reminds me to get up and move when meetings are back to back. Our clinical informatics team also encourages one another to move by walking together around campus. When we are able, we cancel or shorten meetings, encouraging one another to stretch or walk instead. When the pandemic began, our team started meeting three times per week, and we've continued this schedule for the last year and a half. These brief meetings have kept me connected to my teammates and clue me in about when someone is having a hard day or could use some guidance.

I feel fortunate to work for an organization that provides options for taking care of ourselves while at work, especially during these challenging times — the trick is how to fit them in to our schedules! In 2022, we're planning to invite a Healthy at Hopkins expert to our team meetings for more tips on how to incorporate well-being into our workdays.

Share your story. [Click here](#) to submit

Invite a Healthy at Hopkins team member to your next staff meeting to lead a progressive muscle relaxation exercise or guided meditation. [Click here](#) to see offerings and to request an event.

Visit the Healthy at Hopkins portal (via my.jh.edu and select the Healthy at Hopkins logo).

[Click here](#) for **more resources** from the Office of Well-being.

Ask the Expert

Every Thursday, noon–12:30 p.m.

Join a 30-minute Ask the Expert session, January 27, 2022, with Rachel Dawkins, medical director of pediatric and adolescent medicine clinics at Johns Hopkins All Children's Hospital, to learn about how to manage seasonal allergies, even in the winter!

Join with the meeting link:

cah.webex.com/cah/j.php?MTID=mcb263dc98caf1c7c6a1a7b67e067ff05. Meeting number: 2302 725 1482 Meeting password: pCWhuRcP683.

Join by phone: 404-410-4502. Access code: 2302 725 1482

Follow us on Instagram @HealthyatHopkins and Twitter @HealthyHopkins for well-being tips and to share how you are staying #HealthyatHopkins.

Is your team stressed?

Our new series, Live and Work Mindfully, helps your team learn how to move through life at work and at home with less stress and more ease. As you move into the new year, [learn more](#) about how this program can support you and your team!

