

Ten Minute Wellbeing Tips for Managers



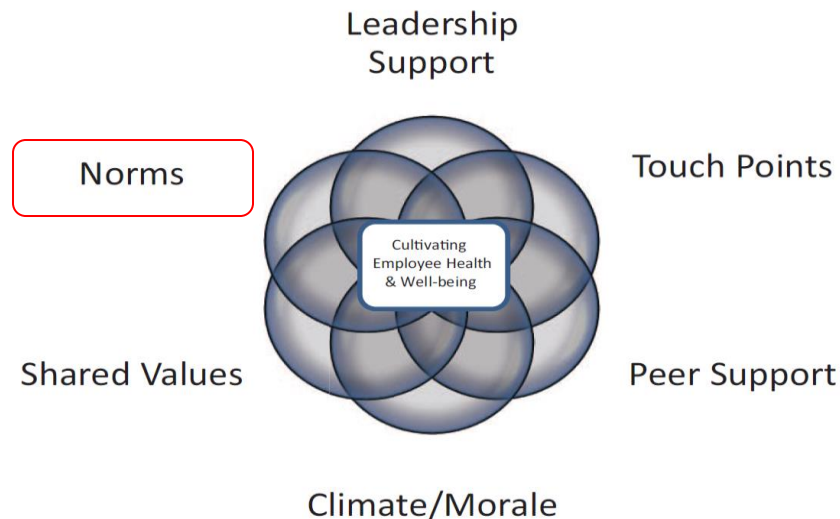
Powered by the Office of Wellbeing

Vision: For our employees to leave work at the end of the day healthier than when they arrived

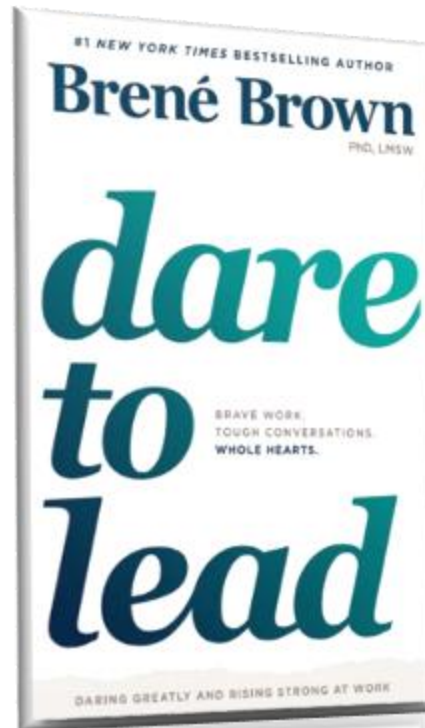
Theme: Leadership Support

Episode 20: Setting Healthy Boundaries

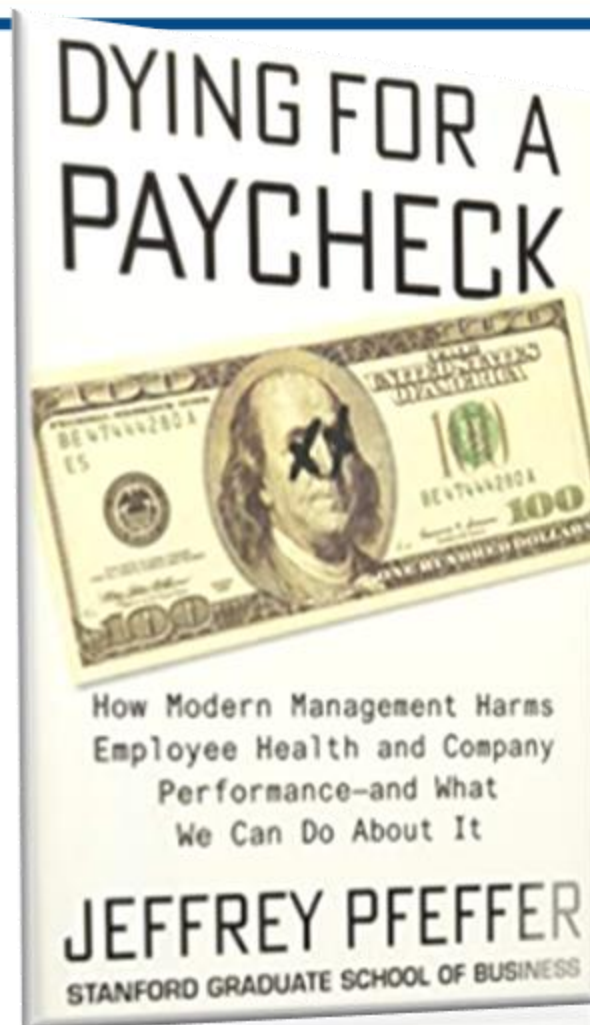
- Last week's Episode: How Leaders Support Norms
- This week : Create a norm – Set Boundaries



Everyone Benefits from Boundaries



Dying For a Paycheck




Starting the work day



“You’ve Got Mail”

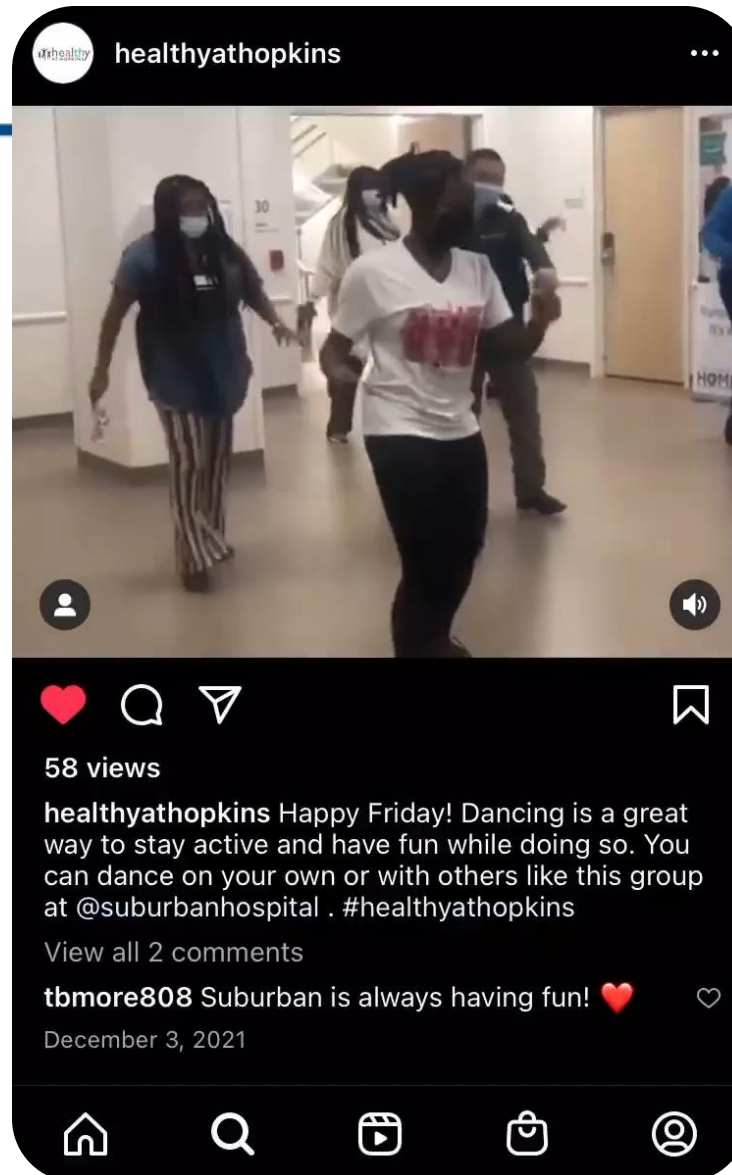


Breaks are beneficial for individuals, teams & their organizations



**Take
A
Break**

Breaks



Ending the Workday



Behavior Boundaries



Rest and Recharge

Weekend

Vacation



Too Much to Do



Theme: Leadership Support

Episode 20: Healthy Boundaries

- **Agenda tip #23** Brainstorm norms around balance, such as:
 - Clearly define start and end work times
 - Agree on email hours
 - Note break times on the unit or in calendar and respect each other's time
- **Manager tip #23** Set your red line
- Answer two questions before you go!
- **Next week: Healthy Meeting Norms**



Worksite Wellness Menu Healthy at Hopkins Move Forward with Self-Care

Choose from a variety of events and activities to keep you connected, healthy and well while at work. Follow these steps to request an event for you and your colleagues:

1. Review the offerings below and submit a request. Please allow at least **one week** for your event to be confirmed and scheduled by the Healthy at Hopkins team.
2. Confirm event details and logistics with the Healthy at Hopkins team.
3. Communicate and promote the event to your department

[Click here to complete the request form.](#)

Follow this leader resource link for more!

Connect with Healthy at Hopkins and the Office of Wellbeing

Healthy at Hopkins

- Access the portal via my.jh.edu and click on the 'Healthy at Hopkins' tile
- 833-554-4554
- healthyathopkins@jhmi.edu

Office of Wellbeing

- <https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being>
- OWB@jhmi.edu

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Pick My Brain...

What Question Do You Have?

