

# Ten Minute Wellbeing Tips for Managers



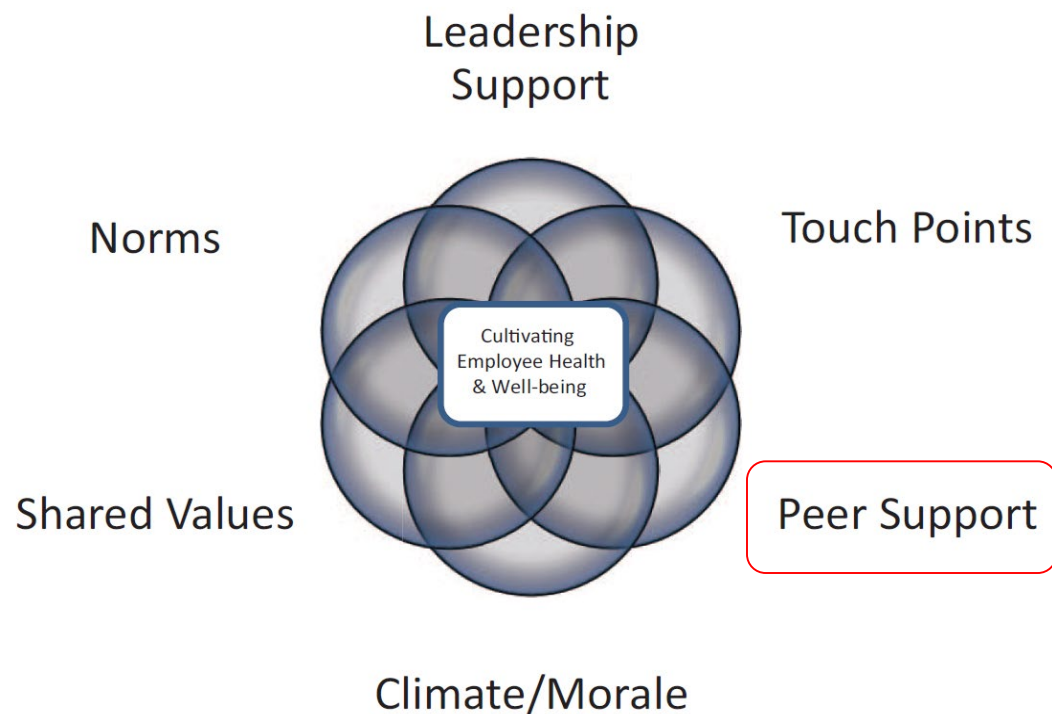
*Powered by the Office of Wellbeing*

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

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# Episode 35: The Power of Peers

- **Last Week's Episode:  
Gratitude**



# Which is the Best Predictor of Adopting a Healthy Behavior?

- How smart you are
- How much money you have
- How attractive other people find you
- Strength of friendship
- Your age







# Who Are Your Peers?



# Effectiveness of Behavior Changing Strategies



**Weight**  
**@Watchers<sup>®</sup>**  
work program



# Healthy at Hopkins Portal Challenges

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Which category do you want to pursue?

- Recognizing Stress
- Gratitude Journal
- Healthy Bedtime
- Patience w/ Emotions



# Episode 35: The Power of Peers

**Agenda tip # 41:** Encourage your team to support each other

**Manager tip# 37:** Get your own friends 😊 (being connected is part of being-well)

**Next week:** Meditation



# Connect with Healthy at Hopkins and the Office of Wellbeing

## Healthy at Hopkins

- Access the portal via [my.jh.edu](http://my.jh.edu) and click on the 'Healthy at Hopkins' tile
- 833-554-4554
- [healthyathopkins@jhmi.edu](mailto:healthyathopkins@jhmi.edu)

## Office of Wellbeing

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

## Follow us on Twitter and Instagram



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### Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

# Pick My Brain...

## What Question Do You Have?

