

# Ten Minute Wellbeing Tips for Managers



*Powered by the Office of Wellbeing*

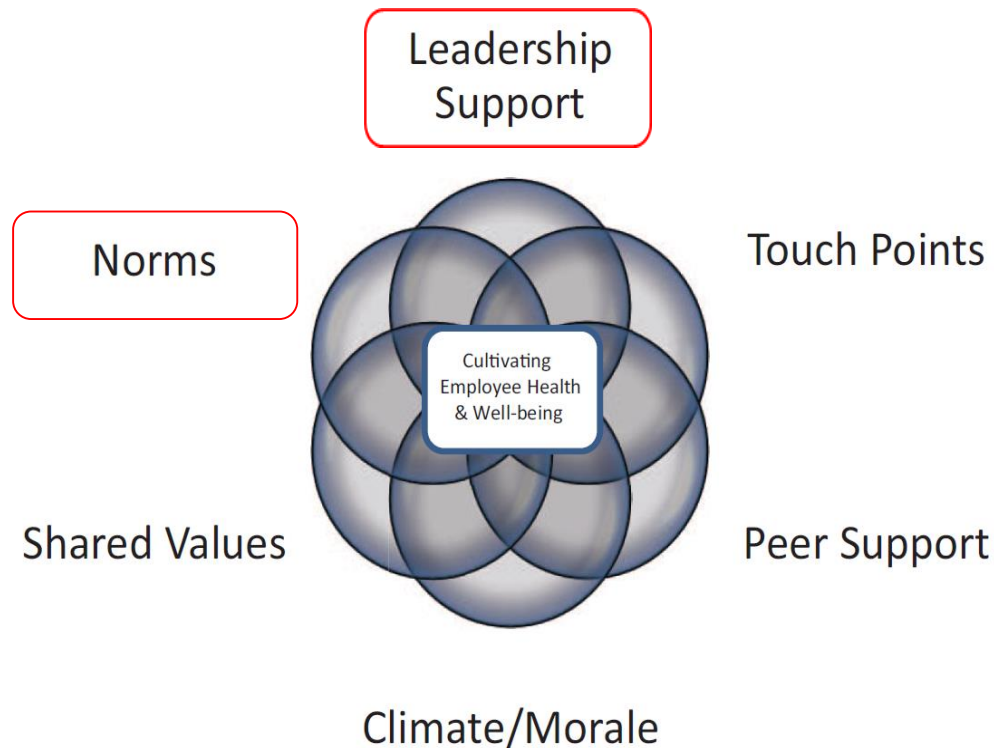
*Vision: For our employees to leave work at the end of the day healthier than when they arrived*



# Theme: Norm

## Episode 23: Work Life Balance

### Last week's Episode: Priorities





# Reasons We Don't Enjoy More Work Life Balance

- Boundaries
- Meetings
- Priorities
- Peer Support
- Role Modeling





# Ingredients Needed for the Recipe

- Listening
- Vulnerability
- Trust





# It's Time for the Exercise!





# Work Schedule





# Communication






# Meetings





**Breaks are beneficial for individuals,  
teams & their organizations**



**Take  
A  
Break**



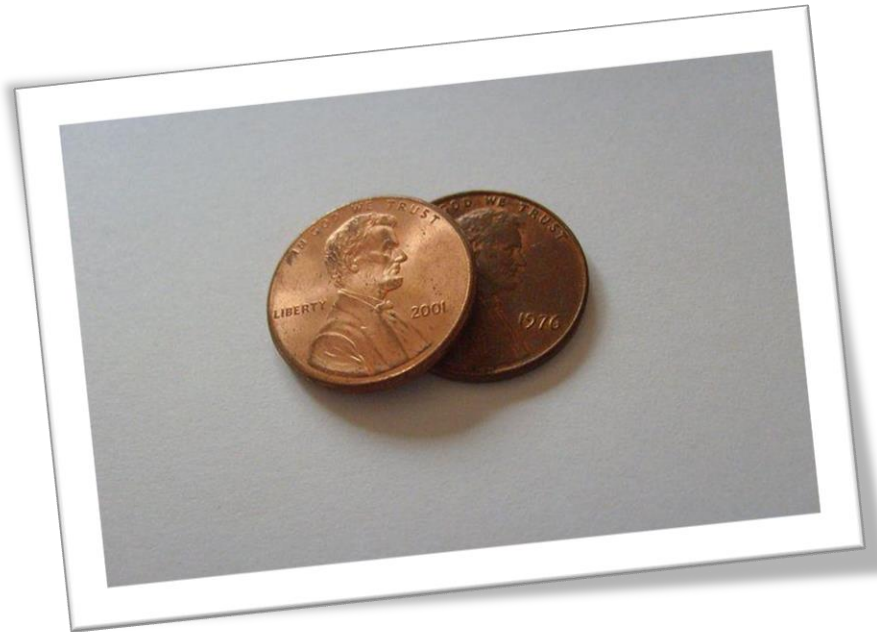
# Brainstorm





# My Two Cents

- Positive Outlook
- Early Win
- The 3 Ps
  - Praise
  - Persistence
  - Pushback
- Remove barriers





# Take a Pledge





# Evaluation

- Collaborate with another team to increase anonymity
- Follow through





# Theme: Leadership Support

## Episode 23: Work Life Balance

- **Manager tip # 26.** Separate from work mentally
  - **Agenda tip # 28.** Have a discussion with your team about their work life balance and take time to listen and learn about their perception and experiences.
  - Answer two questions before you go!
- Next week:** Empowerment and Autonomy





# 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/office-of-well-being>
- OWB@jhmi.edu

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# Pick My Brain...

## What Question Do You Have?

