Ten Minute Wellbeing Tips for Managers



Powered by the Office of Wellbeing

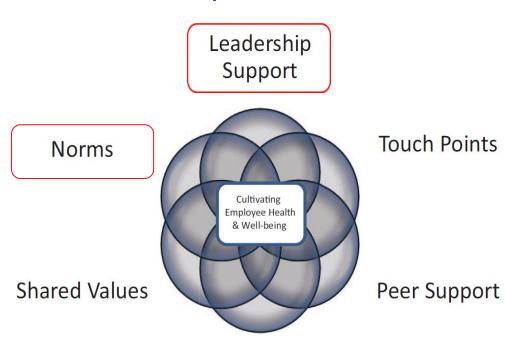
Vision: For our employees to leave work at the end of the day healthier than when they arrived



Theme: Norm **Episode 23: Work Life Balance**



Last week's Episode: Priorities



Climate/Morale



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



Brainstorm









My Two Cents



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



Take a Pledge

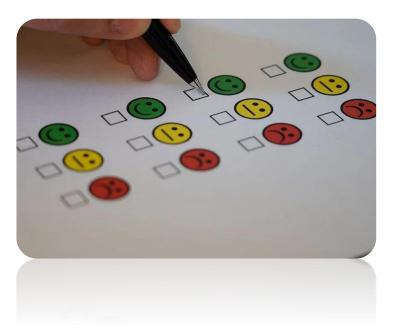




Evaluation



- 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 an click on the 'Healthy at Hopkins' tile
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- https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being
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Pick My Brain... What Question Do You Have?



