# Ten Minute Wellbeing Tips for Managers

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Powered by the Office of Wellbeing

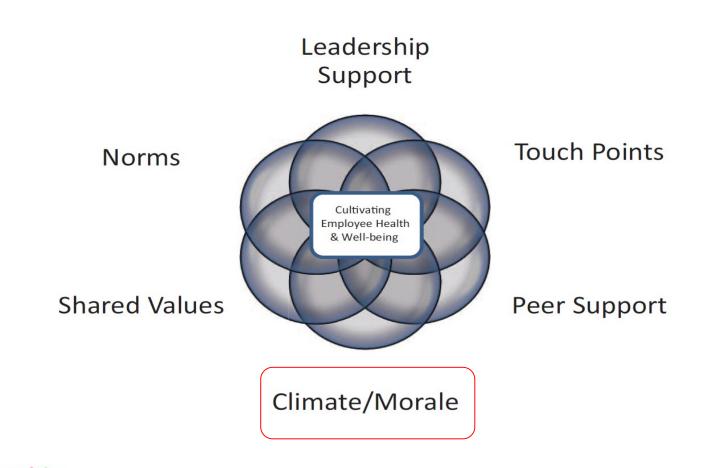
Vision: For our employees to leave work at the end of the day healthier than when they arrived

Jennifer Salaverri, LCSW-C Health Promotion Specialist - Mindfulness Johns Hopkins Health System





# **Episode 36: Mindfulness**









# Mindfulness at work



- Increase focus
- Improve short term memory and attention
- Improve performance
- Greater emotional resilience



#### Do your team members struggle with...?

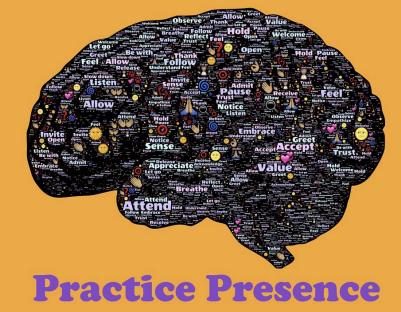
- Feeling stressed or anxious
- Depression
- Poor sleep
- High blood pressure
- Digestive trouble
- Physical pain
- Trouble with memory and focus





## What is mindfulness?

 Mindfulness – paying attention to your present moment experience without judgement





#### As a culture we are...

- Expected to always be 'on'
- Information Overload
- Distracted
- Under pressure





A member of the Office of Well-being

Live & Work Mindfully

A New Workshop for Teams at Johns Hopkins Medicine

Live & Work Mindfully is a series of 30-minute sessions conducted over four weeks. It is designed for teams in the workplace to learn how mindfulness can help decrease the effects of stress and allow for greater ease at work and at home.

#### How to Sign Up

Sessions will be scheduled for the day and time that works best for each team. Discuss the time that works best for your team, then contact Jennifer Salaverri, LCSW-C from Healthy at Hopkins, the Office of Well-Being at jsalave3@jhmi.edu to schedule the sessions.





## **Episode 36: Mindfulness**

#### Agenda tip #42:

Ask Jenn to join your team for a mindfulness exercise (well-being menu)

Manager tip #38: Join Jenn on Mindful Monday

Next week: Meditation





# 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
- 833-554-4554
- healthyathopkins@jhmi.edu

#### **Office of Wellbeing**

- https://www.hopkinsmedicine.org/office-of-well-being
- OWB@jhmi.edu

#### Follow us on Twitter and Instagram

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#### Additional Wellbeing and Leadership Resources

- LinkedIn Learning
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# What Question Do You Have?



