

# Ten Minute Wellbeing Tips for Managers

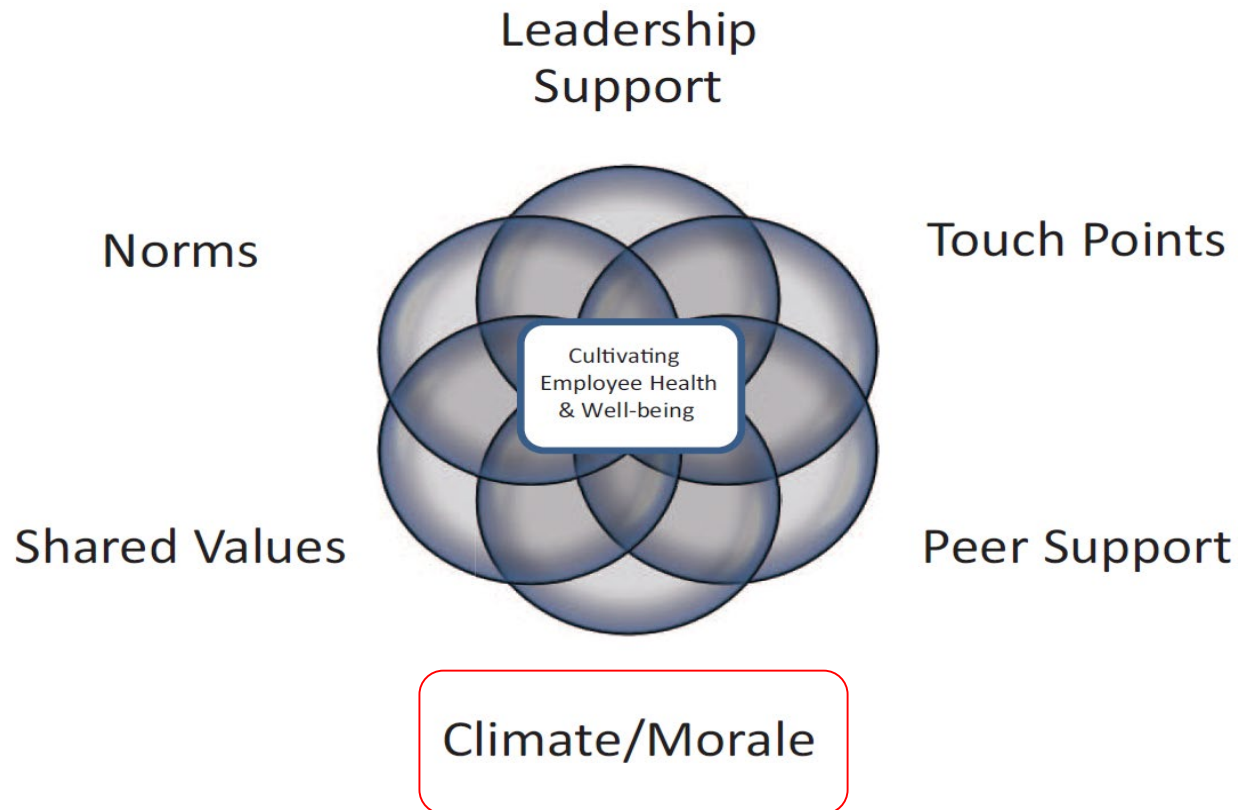


*Powered by the Office of Wellbeing*

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

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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](mailto: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 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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### Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

# What Question Do You Have?

