

Ten Minute Wellbeing Tips for Managers

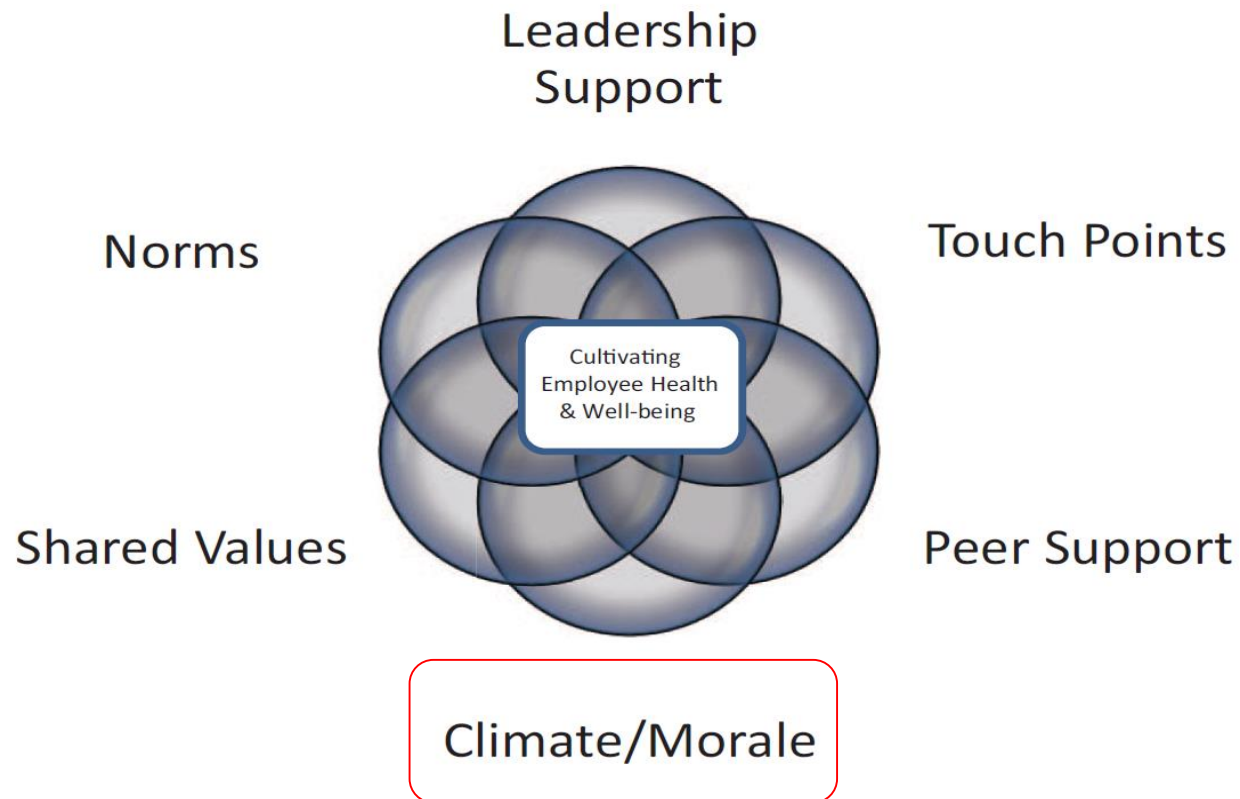


Powered by the Office of Wellbeing

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 37: Meditation



Meditation at work



Mindfulness & Meditation

- Mindfulness – paying attention to your present moment experience without judgement
- Meditation – an intentional practice where you use focus to increase awareness and create a sense of balance

Benefits of meditation

- Increased resilience and ability to manage stress.
- Increased focused, decreased mind wandering.
- Improved immunity, decreased inflammation
- Enhanced pain tolerance; physical and emotional.
- Decreased anxiety, depression & anger.
- Improved sleep.

Our bodies under stress

- Sympathetic branch – fight/flight
- Parasympathetic branch – rest/digest

Meditation helps us engage the rest/digest branch to recover from an active day.



Practice time...





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.



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Agenda tip #43: Watch this episode with your team.

Manager tip #39: If you're feeling tense, slow down and take a breath. It's not likely a tiger is chasing you!

Next week: The Learning Leader



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
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What Question Do You Have?

