

# 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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**SPEED  
BUMP**

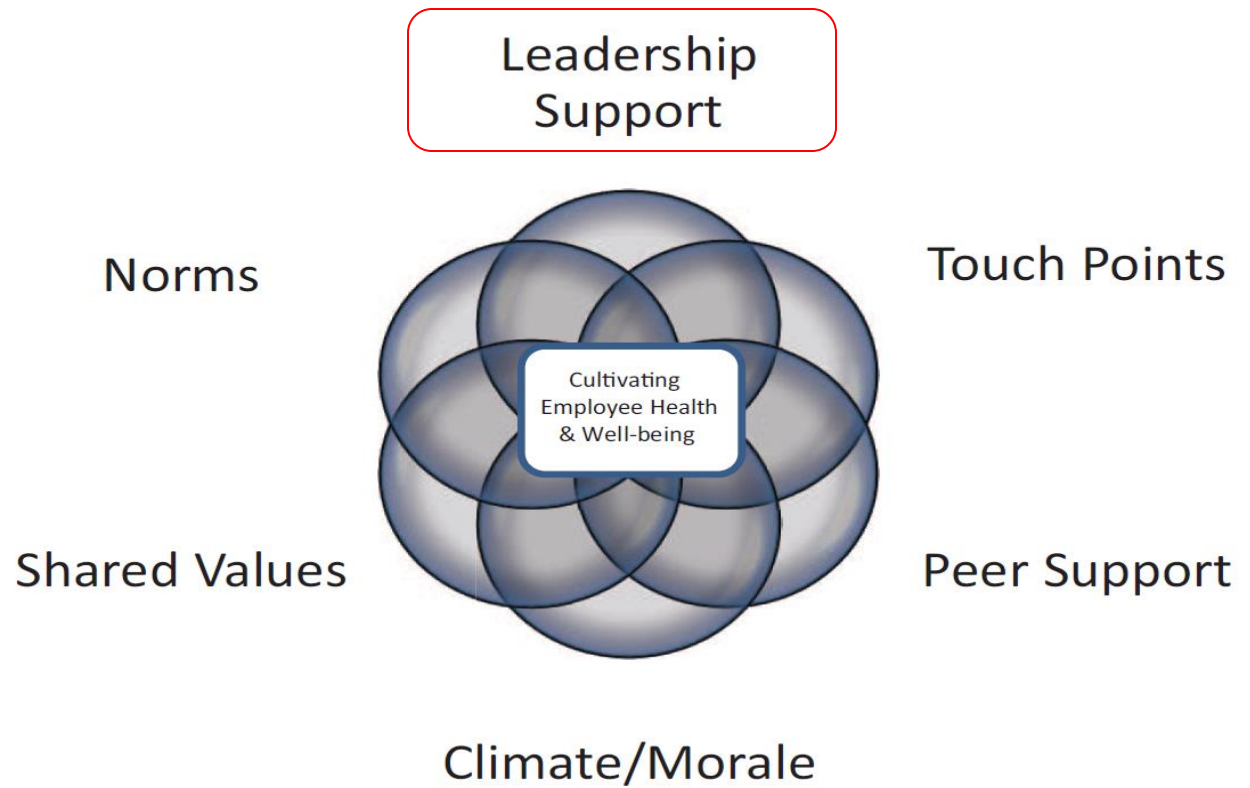






# Theme: Leadership Support

## Episode 13: Barriers to Wellbeing



# Barriers to Wellbeing



# Barriers to Wellbeing














**I have the materials  
and equipment I  
need to do my work**



*Three things that get in the way from doing our job...*

- 1.
- 2.
- 3.







# Episode 38: Barriers to Wellbeing

## Agenda tip # 44

Brainstorm with your team on one barrier to remove that will improve well-being.

## Manager tip # 40

What's getting in the way of your well-being?











# 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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### Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People