

Ten Minute Wellbeing Tips for Managers



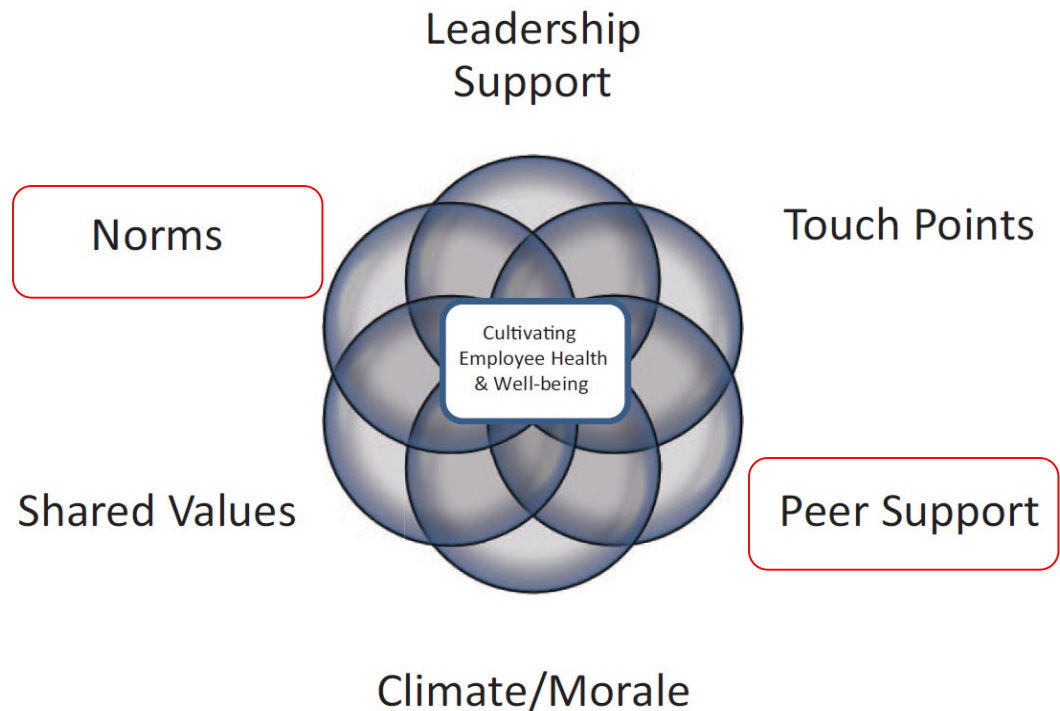
Powered by the Office of Wellbeing

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

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Johns Hopkins Medicine

Episode 39: Taking Wellbeing Breaks Together

Last Week's Episode: Removing Barriers







15- minute Meet Ups



Monday	Tuesday	Wednesday	Thursday	Friday
Mindful Monday	Tabata Tuesday	Walking Wednesday	Ask the Expert (30 minutes)	Flexible Friday

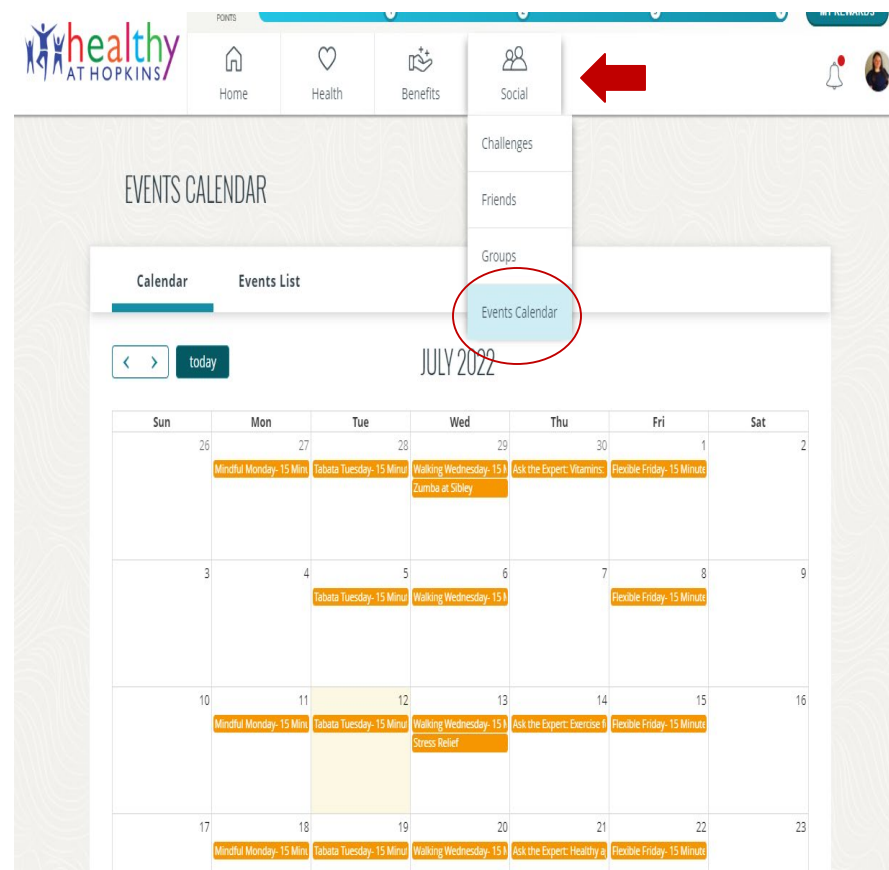
12:00 pm – 12:15 pm

Let's get moving with a Walking Wednesday Demo



How to Join Us!

1. Log into your Healthy at Hopkins portal
2. Navigate to the *Social Tab* on your dashboard
3. Select *Events Calendar*



Episode 39: Taking Wellbeing Breaks Together

Agenda tip # 45: Encourage your team to support each other

Manager tip# 41: Join a 15 Minute Meetup regardless of your team

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/office-of-well-being>
- OWB@jhmi.edu

Follow us on Twitter and Instagram



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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

Pick My Brain...

What Question Do You Have?

