

# Ten Minute Wellbeing Tips for Managers



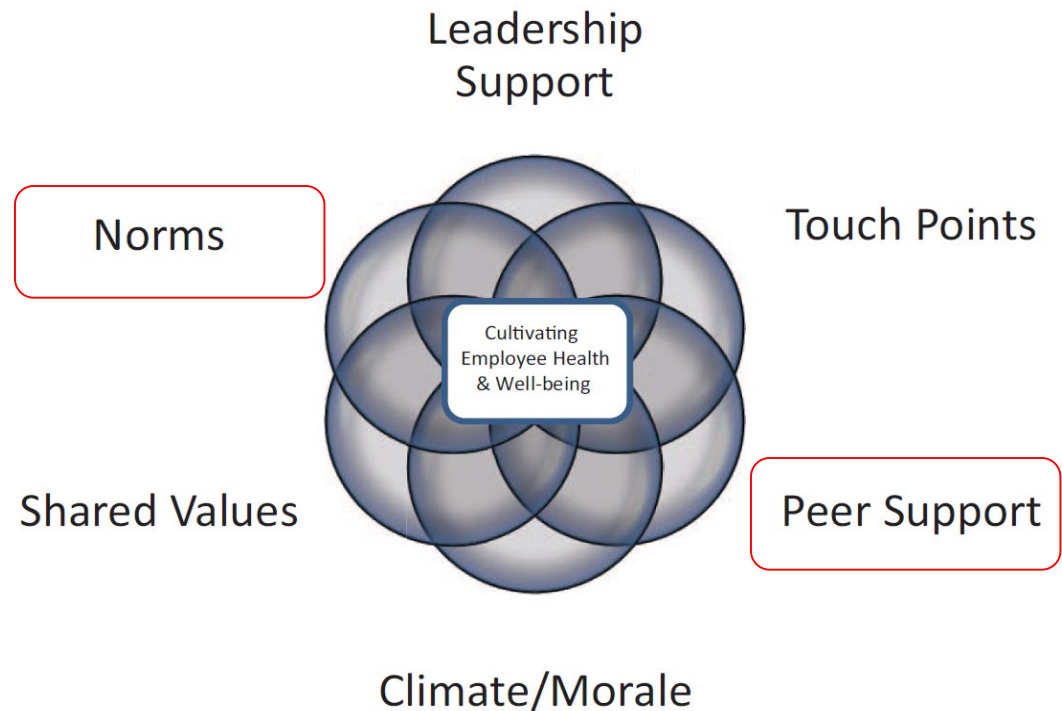
*Powered by the Office of Wellbeing*

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

Richard Safeer, MD, FACLM, FAAFP, FACPM  
Chief Medical Director, Employee Health and Well-being  
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<br>(30 minutes) | Flexible Friday |

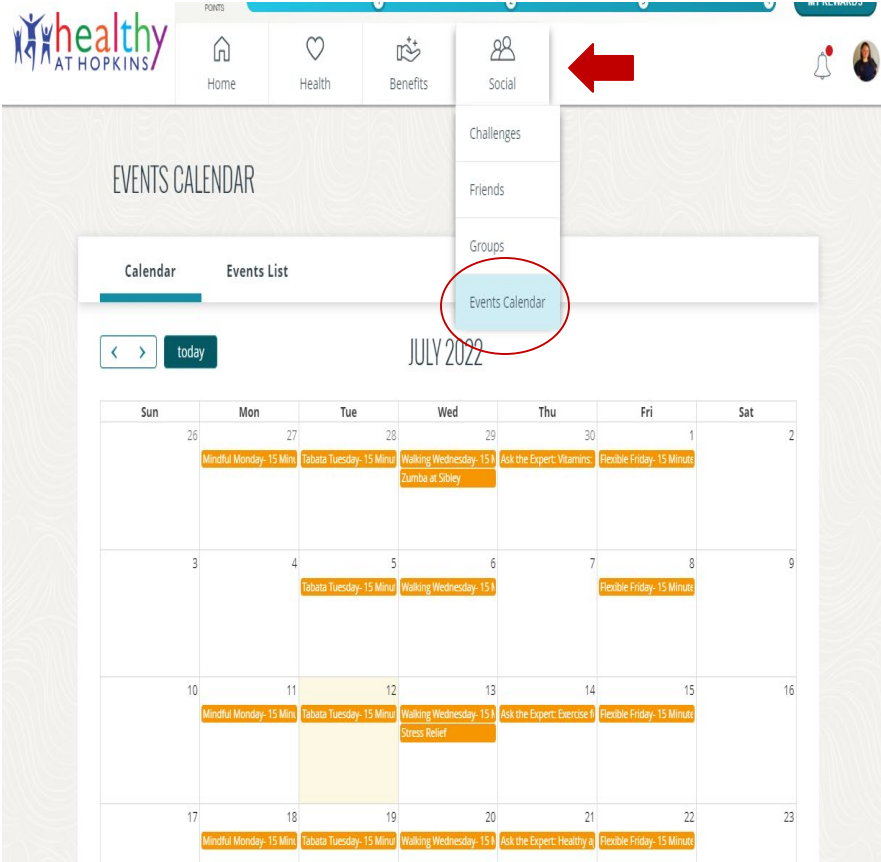
12:00 pm – 12:15 pm

# 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*



The screenshot shows the 'healthy AT HOPKINS' portal interface. The top navigation bar includes 'Home', 'Health', 'Benefits', and 'Social'. A red arrow points to the 'Social' tab. A dropdown menu is open under 'Social', with 'Events Calendar' highlighted by a red circle. Below the navigation, the 'EVENTS CALENDAR' section is visible, showing a calendar for July 2022 with various events listed.

| Sun | Mon                    | Tue                    | Wed  | Thu                       | Fri                     | Sat |
|-----|------------------------|------------------------|--|---------------------------|-------------------------|-----|
| 26  | 27                     | 28                     | 29   | 30                        | 1                       | 2   |
|     | Mindful Monday- 15 Min | Tabata Tuesday- 15 Min | Walking Wednesday- 15 Min<br>Zumba at Sibley | Ask the Expert: Vitamins  | Flexible Friday- 15 Min |     |
| 3   | 4                      | 5                      | 6  | 7                         | 8                       | 9   |
|     |                        | Tabata Tuesday- 15 Min | Walking Wednesday- 15 Min                    |                           | Flexible Friday- 15 Min |     |
| 10  | 11                     | 12                     | 13   | 14                        | 15                      | 16  |
|     | Mindful Monday- 15 Min | Tabata Tuesday- 15 Min | Walking Wednesday- 15 Min<br>Stress Relief   | Ask the Expert: Exercise  | Flexible Friday- 15 Min |     |
| 17  | 18                     | 19                     | 20   | 21                        | 22                      | 23  |
|     | Mindful Monday- 15 Min | Tabata Tuesday- 15 Min | Walking Wednesday- 15 Min                    | Ask the Expert: Healthy a | Flexible Friday- 15 Min |     |

# 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](http://my.jh.edu) and click on the 'Healthy at Hopkins' tile
- 833-554-4554
- [healthyathopkins@jhmi.edu](mailto:healthyathopkins@jhmi.edu)

## Office of Wellbeing

- <https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being>
- [OWB@jhmi.edu](mailto:OWB@jhmi.edu)

## Follow us on Twitter and Instagram



@HealthyHopkins



@HealthyatHopkins

### Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

# Pick My Brain...

## What Question Do You Have?

