

Ten Minute Wellbeing Tips for Managers



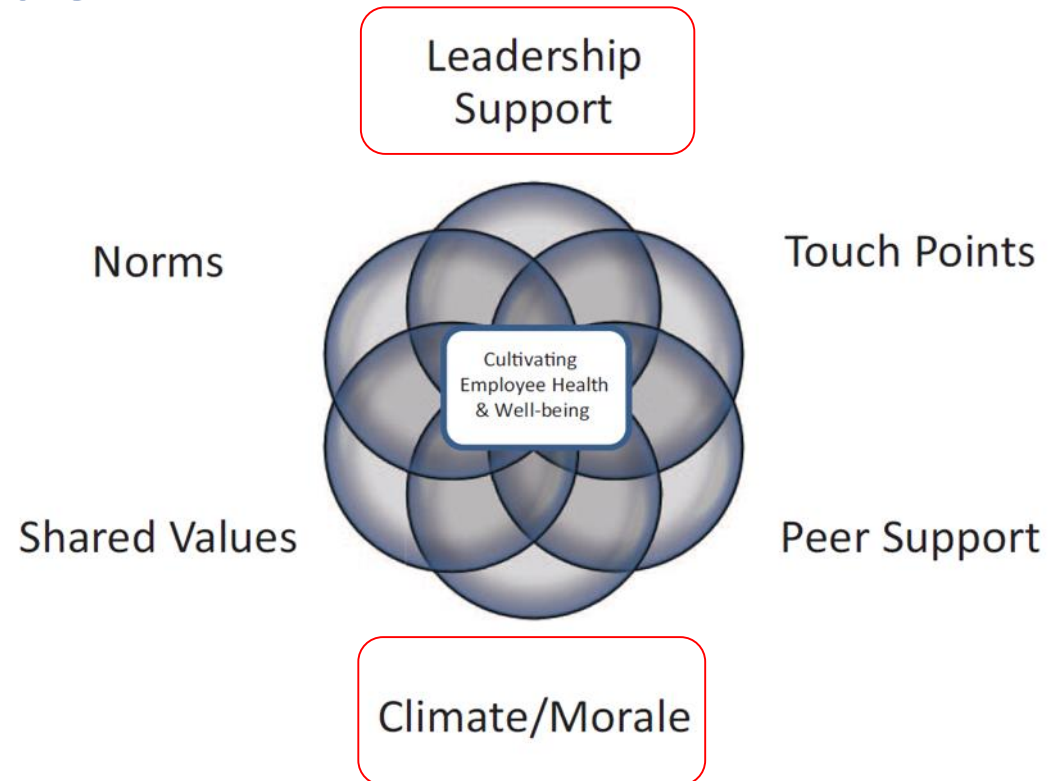
Powered by the Office of Well-being

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

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Episode 44: Mood Contagion

Last Week's Episode: Building a Positive Work Zone



Mood Contagion: It's a Thing!



Our Emotions Exist In An “Open Loop”



Meetings: The Home of Mood Contagion



Managing Your Moods



Episode 44: Mood Contagion

You've Got This!

Agenda tip #48: Take 2 minutes at the beginning of a meeting to do a “mood check” (make it “OK” to borrow each other’s brains).

Manager tip #48: Be honest with yourself and those around you. Humans feel better when they can help each other. Positive emotions travel faster than negative emotions.

Next week: Practicing Cultural Humility



Pick My Brain...

What Question Do You Have?



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Healthy at Hopkins

- Access the portal via my.jh.edu and click on the 'Healthy at Hopkins' tile
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