

Ten Minute Wellbeing Tips for Managers



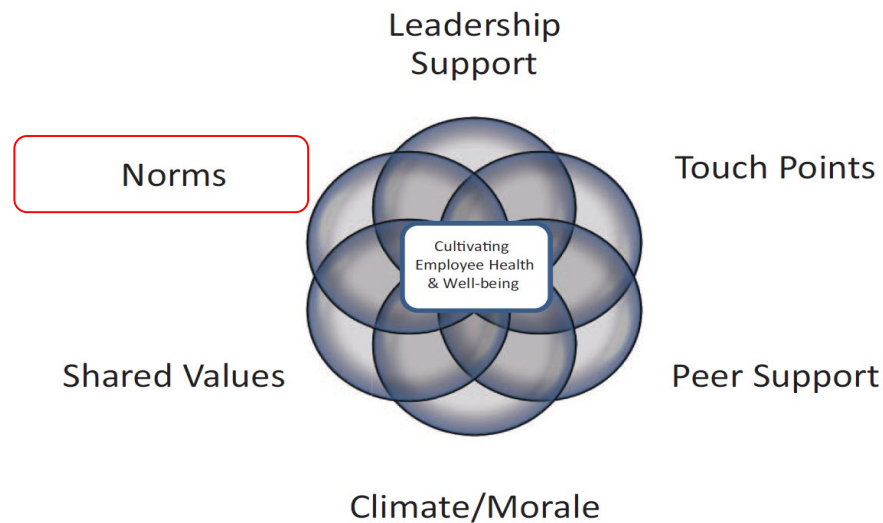
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Vision: For our employees to leave work at the end of the day healthier than when they arrived

Theme: Norms

Episode 14: Progression Muscle Relaxation

- Last week's Episode: Trust
- This week : Create a norm – relax your muscles



What is Progressive Muscle Relaxation (PMR)?



Ummm..., well, uhhh..., ummm

Health Benefits of PMR



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Ummm..., well, uhhh..., ummm

Let's Practice



Theme: Norms

Episode 14: Progression Muscle Relaxation

- **Agenda tip #16** Bring a PMR exercise to your team meeting.
- **Manager tip #18** Start to check in with your body and see if some part is tight.



Answer two questions before you go!

Next week: Employee Onboarding

Follow this leader resource link for more!

Connect with Healthy at Hopkins and the Office of Wellbeing

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

What Question Do You Have?

