

# Ten Minute Wellbeing Tips for Managers



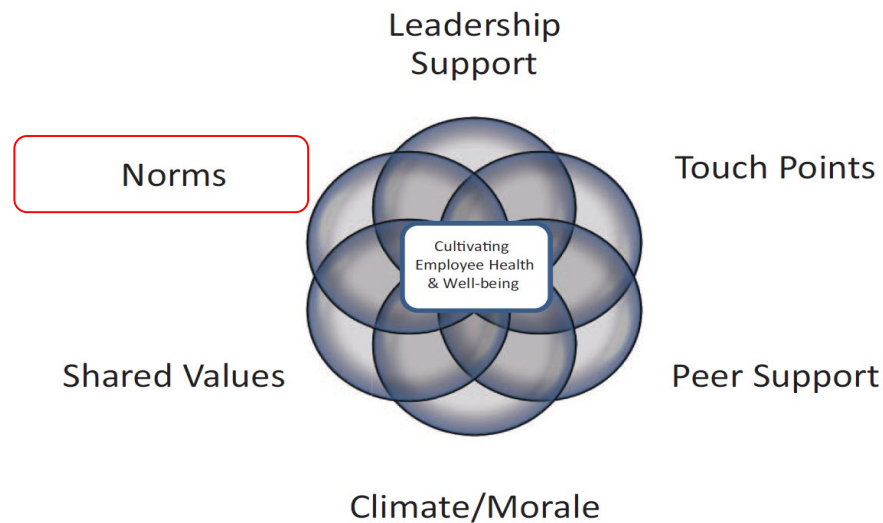
*Powered by the Office of Wellbeing*

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

# 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

## 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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# Pick My Brain...

## What Question Do You Have?

