

# Ten Minute Wellbeing Tips for Managers



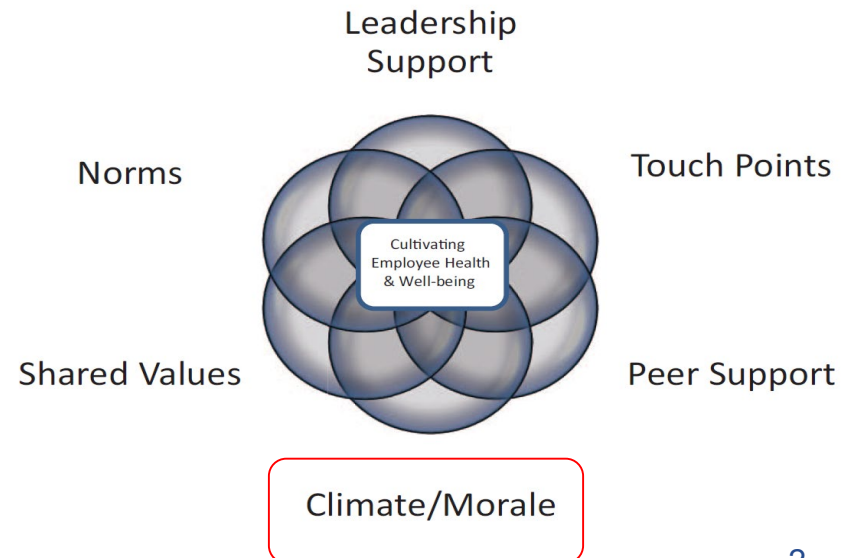
*Powered by the Office of Wellbeing*

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

# Theme: Social Climate

## Episode 16: Having Fun Together

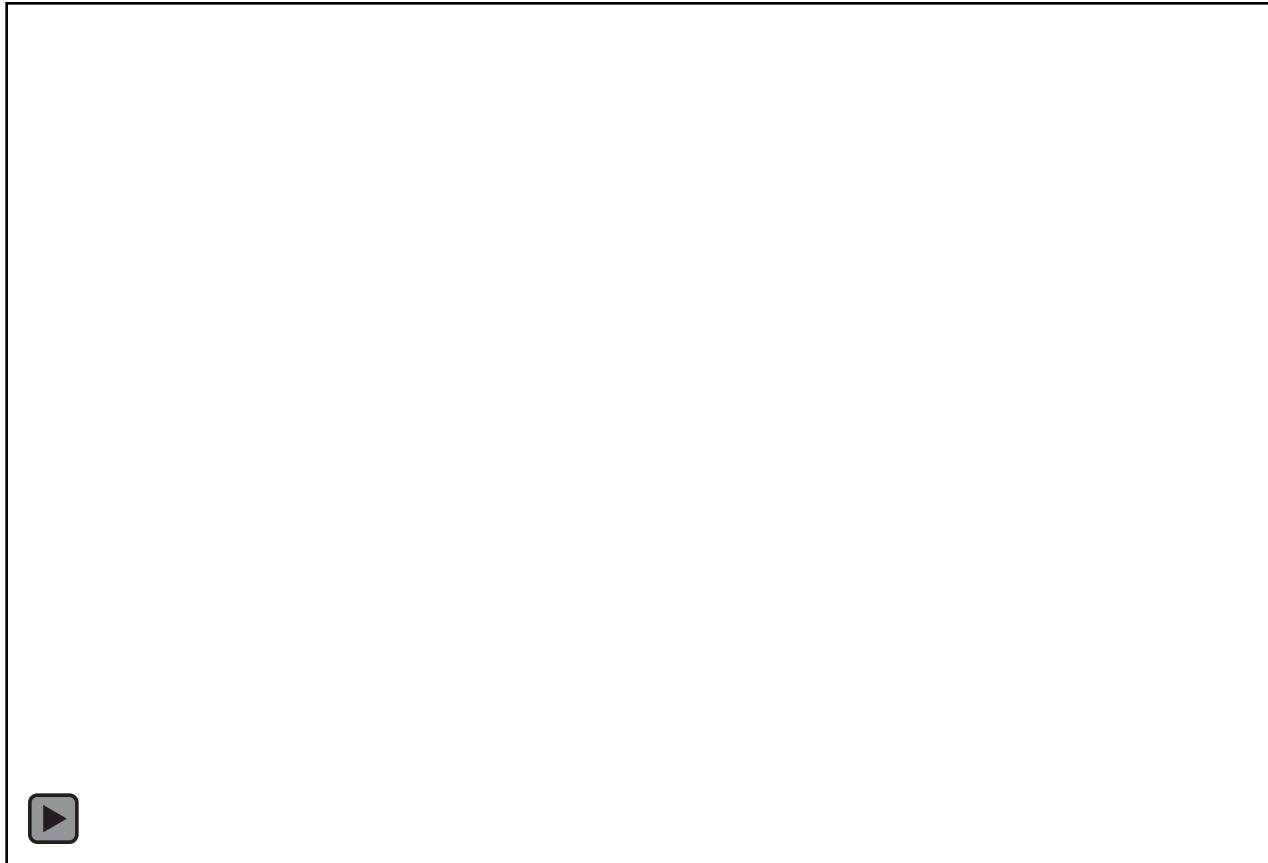
- **Last week:** Onboarding
- **Social climate is influenced by:**
  - Sense of community
  - Shared vision
  - Positive Outlook



# Don't Run with Scissors!



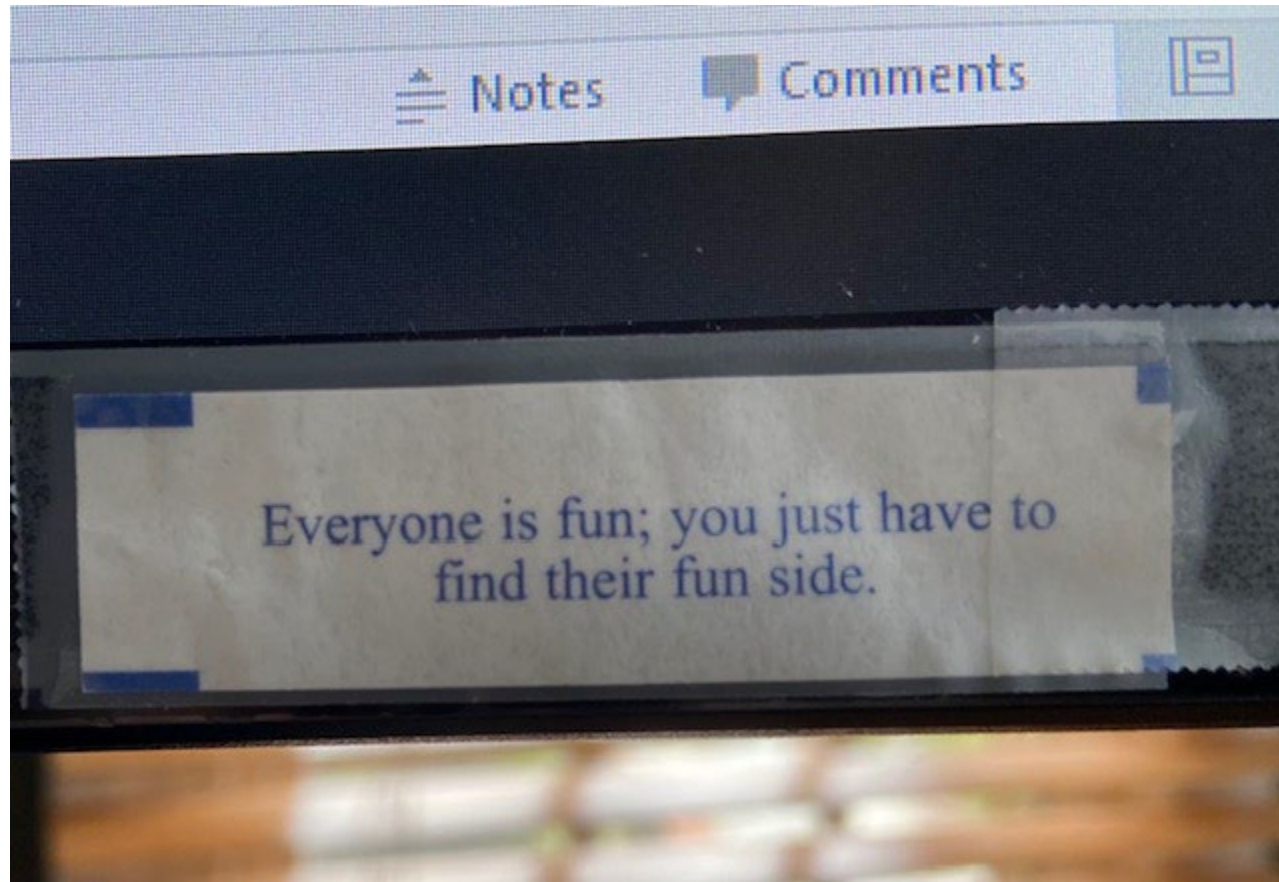
# Health Benefits of Fun



# Team Benefits of Fun



# Ten Steps of Having Fun



*Step One. Start with Yourself*

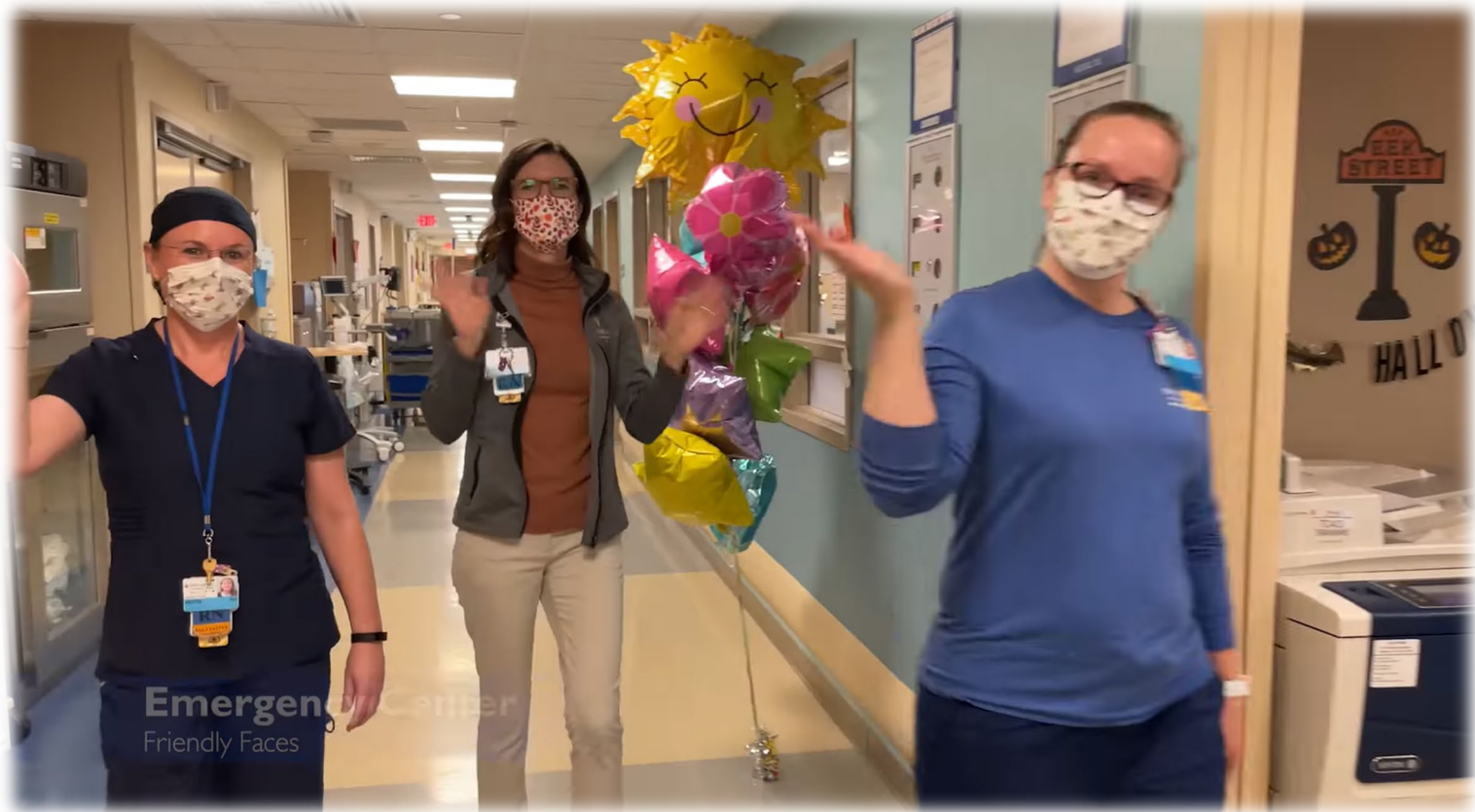
# Ten Steps of Having Fun



*Step Two. Inspire Fun in Others.*



# Ten Steps of Having Fun



Emergency Center  
Friendly Faces

*Step Three. Create an Environment  
that Encourages Fun.*



# Ten Steps of Having Fun



*Step Four. Celebrate Fun.*

# Ten Steps of Having Fun



*Step Five. Find Humor in  
Your Situation.*

# Ten Steps of Having Fun



*Step Six. Follow Your Intuition  
to be Spontaneous.*

# Ten Steps of Having Fun



*Step Seven. Don't Postpone Fun.*



# Ten Steps of Having Fun



*Step Eight. Make Fun Inclusive.*

# Ten Steps of Having Fun



“What did you take away from the meeting?”

*Step Nine. Try Telling a Joke.*



# Ten Steps of Having Fun

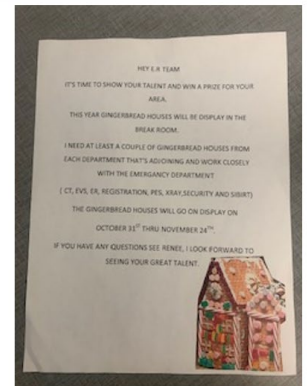
1. Personal Events
2. Professional Milestones
3. Social Events
4. Games, and competitions
5. Make the Boss Real

## Gingerbread Houses

Gingerbread competition!!!!

Please submit your entry by Oct. 31<sup>st</sup>!

Any questions – see Renee



*Step Ten. More Options!*

# Theme: Social Climate

## Episode 16: Having Fun Together

- **Agenda tip # 19** Plan on instigating one fun thing during a team meeting or during the work week.
- **Manager tip # 19** Make a plan to laugh during each workday. Do it in view of your team.



Answer two questions before you go!

**Next week:** Speaking and listening

# 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



@HealthyHopkins



@HealthyatHopkins

### Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

# Pick My Brain...

## What Question Do You Have?

