

Ten Minute Wellbeing Tips for Managers



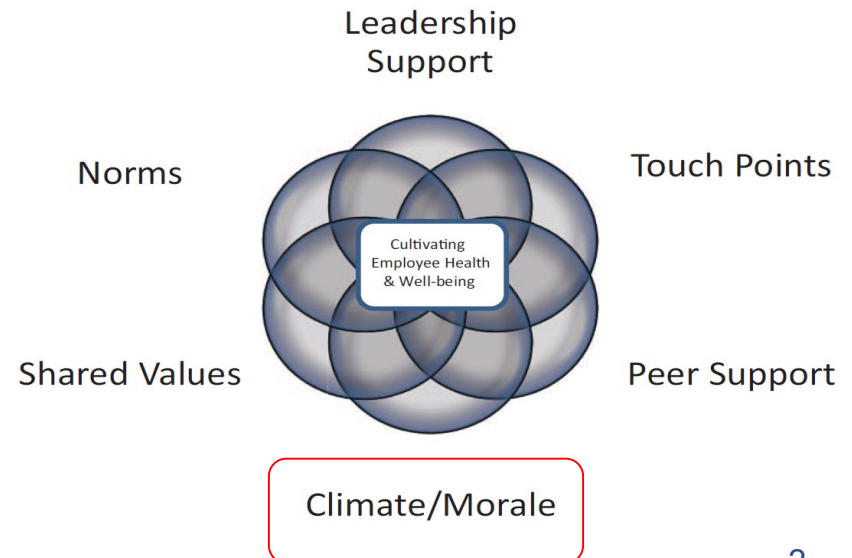
Powered by the Office of Wellbeing

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!



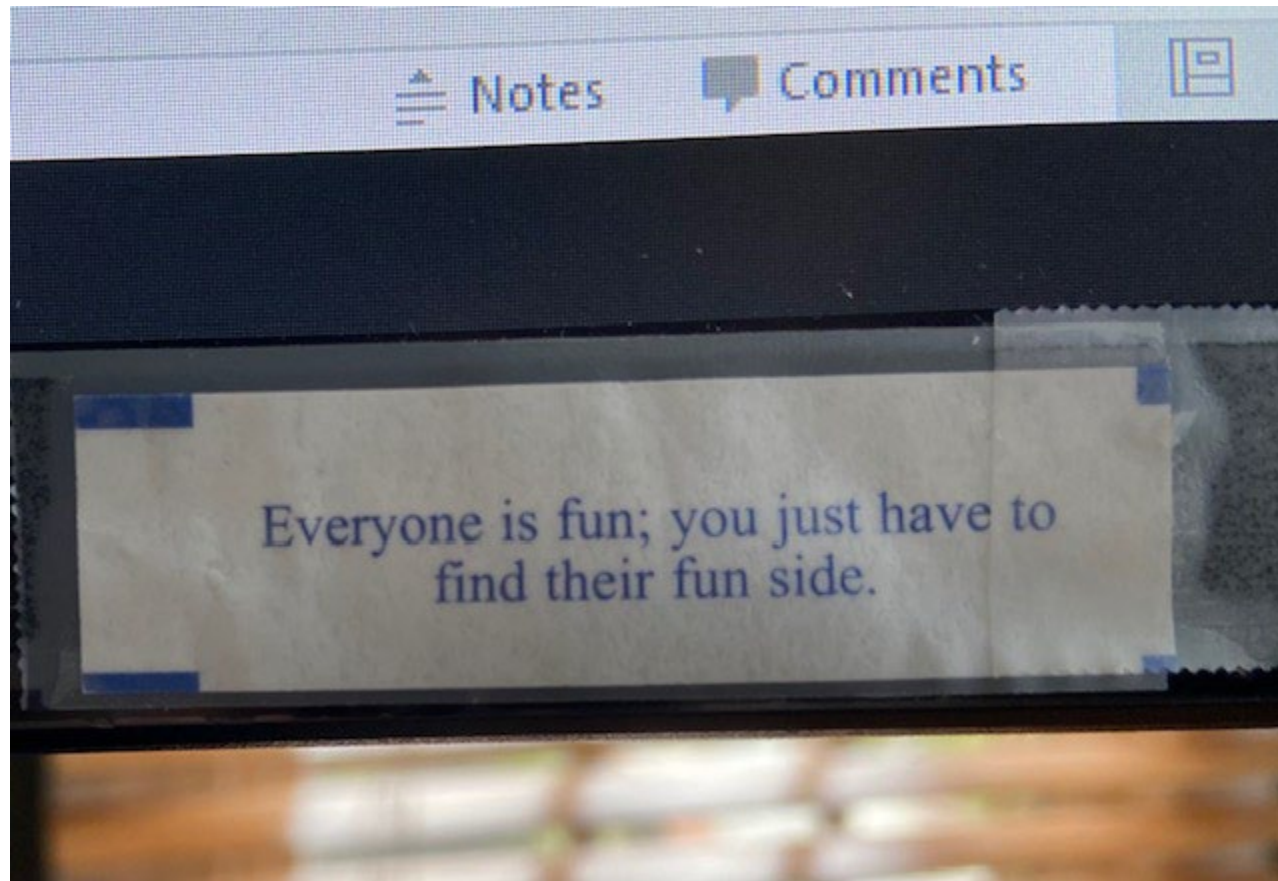
Health Benefits of Fun



Team Benefits of Fun



Ten Steps of Having Fun



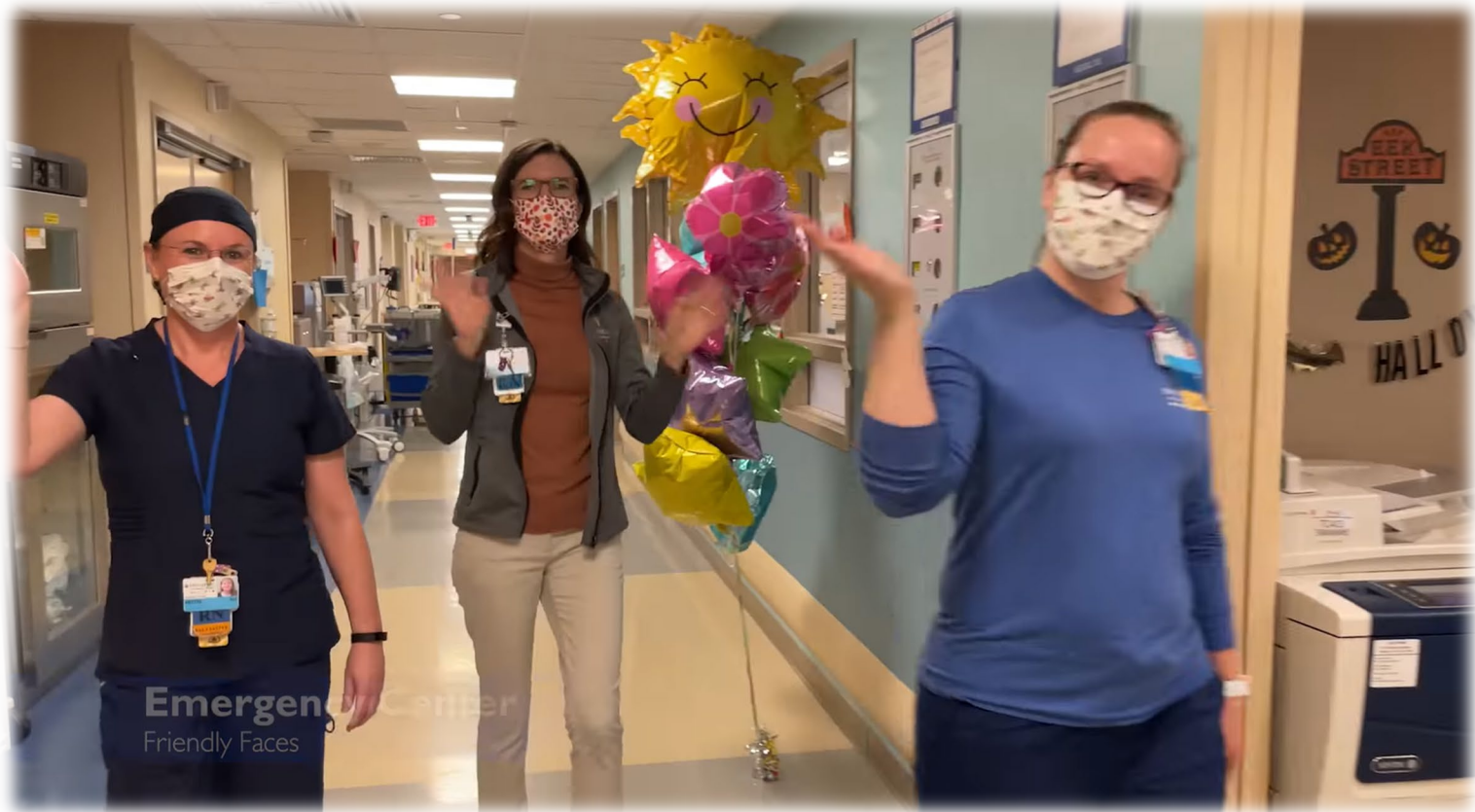
Step One. Start with Yourself

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

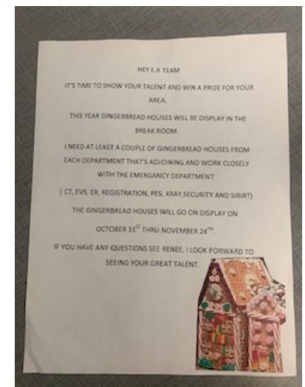
1. Personal Events
2. Professional Milestones
3. Social Events
4. Games, and competitions
5. Make the Boss Real

Gingerbread Houses

Gingerbread competition!!!!

Please submit your entry by Oct. 31st!

Any questions – see Renee



Step Ten. More Options!

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- **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/joy-at-jhm/office-of-well-being>
- OWB@jhmi.edu

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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
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Pick My Brain...

What Question Do You Have?

