

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: Leadership

Episode 2: Leadership Introduction

**My boss told me to
have a good day...**

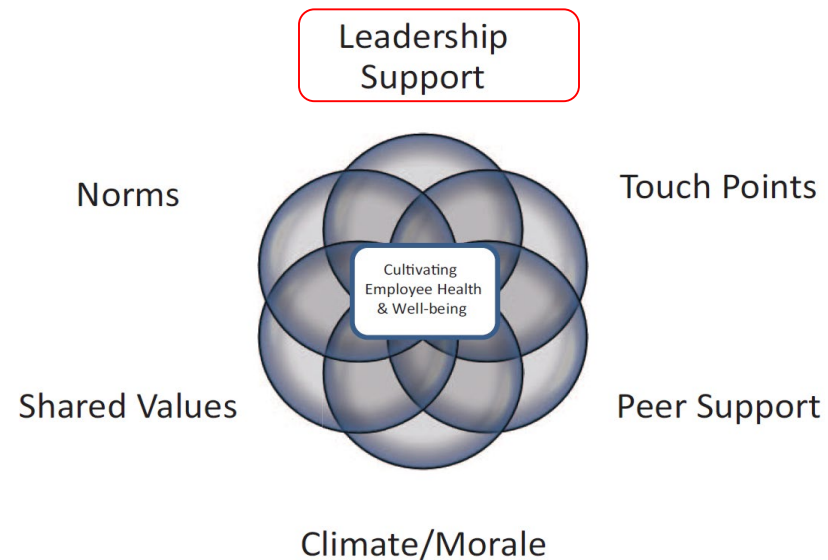


So I went home.
boredpanda.com

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- **Share a Wellbeing Vision**
- **Role Model**
- **Aligning resources, programs, practices and policies**
- **Role in social climate**
- **Establish wellbeing norms**
- **Celebrate**



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- Manager tip #1 – Be aware of your own emotions.
- Manager tip #2 - Practice self-care.
- Manager tip #3 – Be nice!
- Answer two questions before you go!
- Next week: Sharing the wellbeing vision



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
- Sure People

Pick My Brain...

What Question Do You Have?

