

# Ten Minute Wellbeing Tips for Managers



*Powered by the Office of Wellbeing*

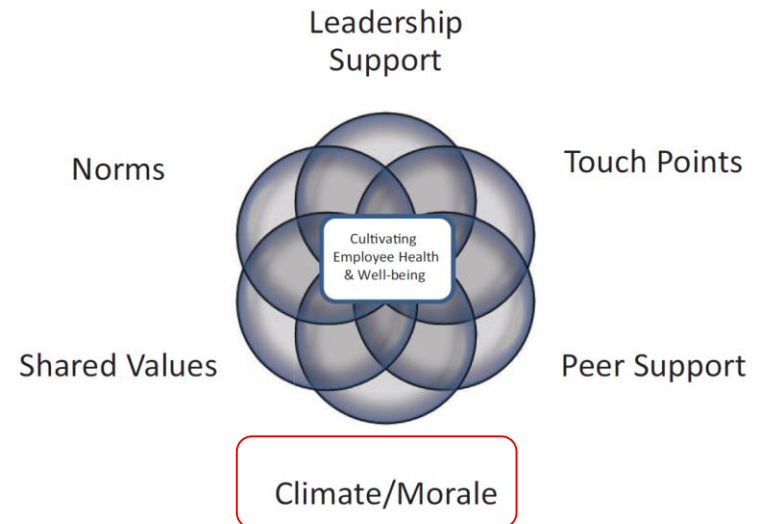
*Vision: For our employees to leave work at the end of the day healthier than when they arrived*

# Theme: Social Climate

## Episode 5: Appreciation & Recognition



- **Last Week's Episode:**  
Introduction to Social Climate
  - Sense of Community
  - Shared Vision
  - Positive Outlook



# When there is a positive outlook.....

The focus is on strengths

We celebrate

Find solutions

Stay upbeat



# The Benefits of Being Optimistic



# Appreciation and Recognition

## Yes

- Thank you
- Compliment
- Show concern
- Cheerlead
- Go out of your way

## No

- Not acknowledging
- Ridiculing
- Socially isolating
- Unproductive criticizing
- Acting unfairly

# Do you remember this slide?



# Theme: Social Climate

## Episode 5: Appreciation & Recognition

- **Manager tip #1**- Be aware of your own emotions.
- **Manager tip #3** - Be nice
- **Manager tip #7** - Applaud with “Applause”.
- Answer three questions before you go!
- **Next week:** Role modeling



# Connect with Healthy at Hopkins and the Office of Wellbeing

## Healthy at Hopkins

- Access the portal via [my.jh.edu](http://my.jh.edu) and click on the 'Healthy at Hopkins' tile
- 833-554-4554
- [healthyathopkins@jhmi.edu](mailto:healthyathopkins@jhmi.edu)

## Office of Wellbeing

- <https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being>
- [OWB@jhmi.edu](mailto:OWB@jhmi.edu)

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### Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People



# Pick My Brain...

## What Question Do You Have?

