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





Leadership Support

Norms

Shared Values

Cultivating
Employee Health
& Well-being

Touch Points

Peer Support

Climate/Morale





Leadership Support

"Leadership is influence – nothing more, nothing less"

~ John Maxwell

How Leaders Influence



Example is not the main thing in influencing others; it's the **only** thing.

~ Albert Schweitzer

Role Modeling: Introduction



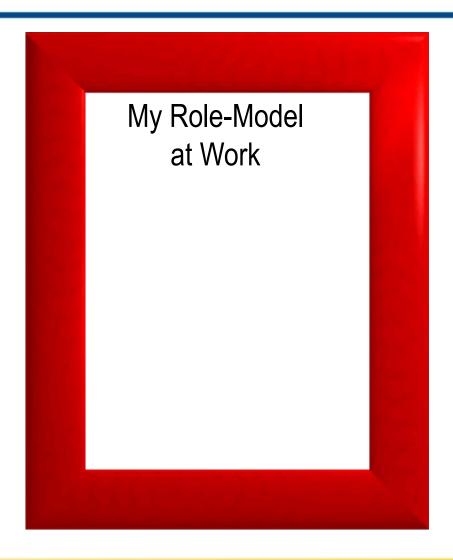
Definition of role model:

a person whose **behavior** in a particular role is imitated by others

https://www.merriam-webster.com/dictionary/role%20model

Role Modeling: Reflection





The Challenge with Well-Being Role-Modeling



As managers and leaders, we influence others all the time ... whether we intend to or not.





Resource: Self-Care Isn't Selfish



https://closler.org/lifelong-learning-in-clinicalexcellence/self-care-isnt-selfish





GOAL: Modeling Self-Care at Work - Intentionally and Daily



What will I do to care for my well-being today that is visible to those I lead?



JOHNS HOPKINS

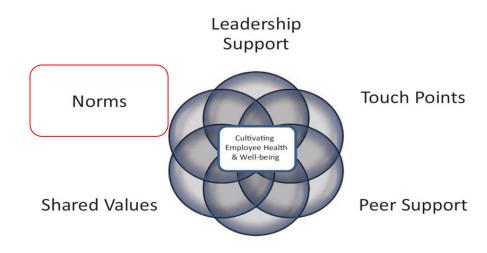
- Manager tip #8
 Set a timer on your phone for 1-minute self-care check-ins
- Manager tip #9
 Share self-care strategies with your team
- Manager tip #10
 Notice the self-care is selfish story







- Answer two questions before you go!
- Next week: Norms Part 1





Climate/Morale

Connect with Healthy at Hopkins and the Office of Wellbeing

Healthy at Hopkins

- Access the portal via my.jh.edu an 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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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People



Pick My Brain... What Question Do You Have?



