

Ten Minute Wellbeing Tips for Managers

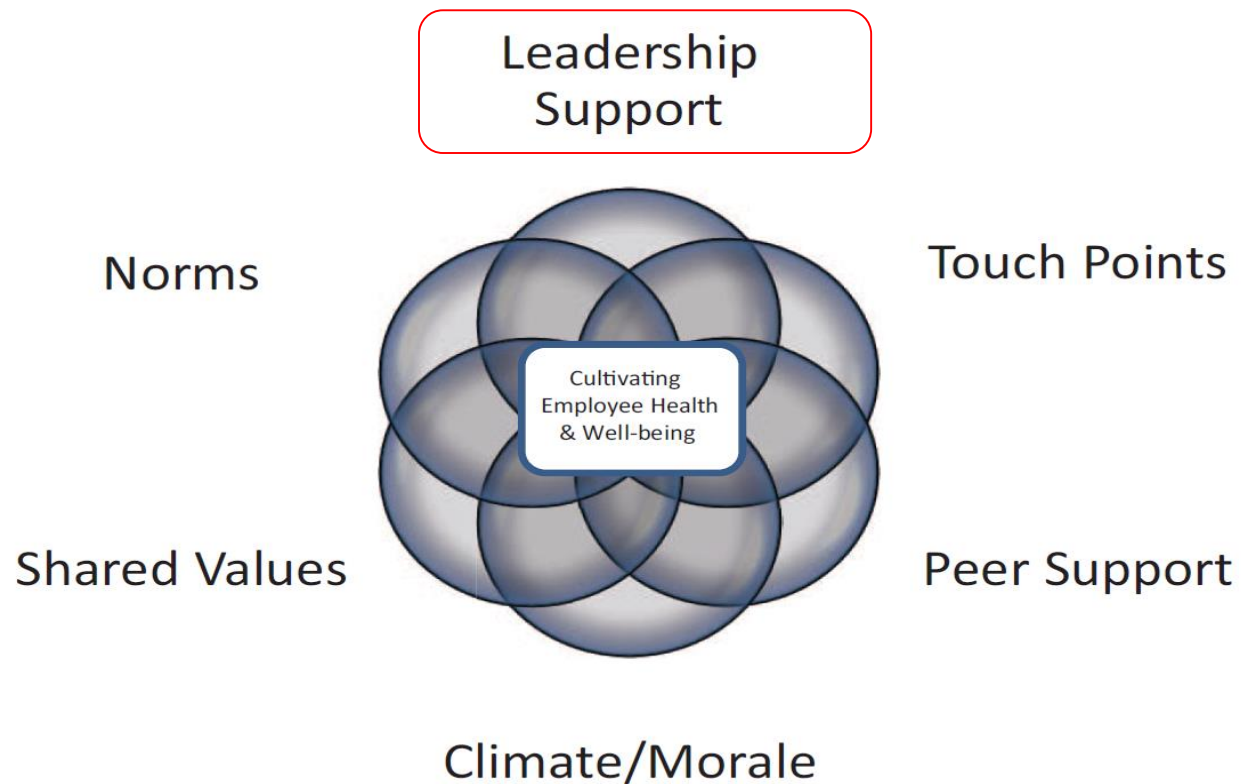


Powered by the Office of Wellbeing

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

Theme: Role Modeling

Episode 6: Self-Care Behaviors



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



My Role-Model
at Work

The Challenge with Well-Being Role-Modeling

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

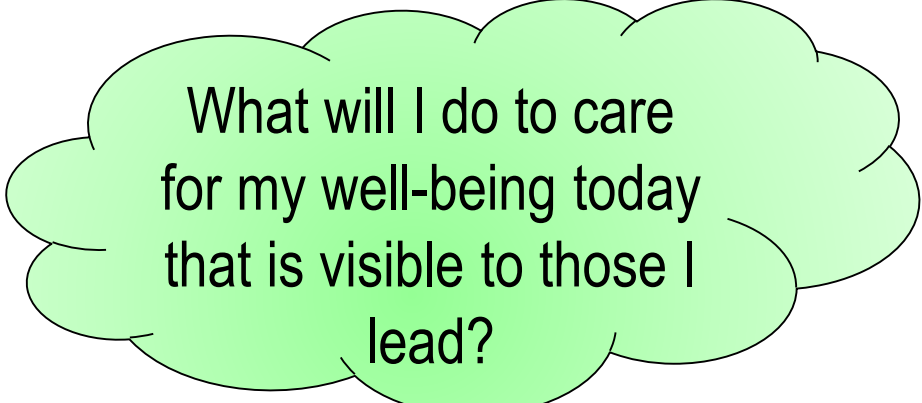


Resource: Self-Care Isn't Selfish



<https://closler.org/lifelong-learning-in-clinical-excellence/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?



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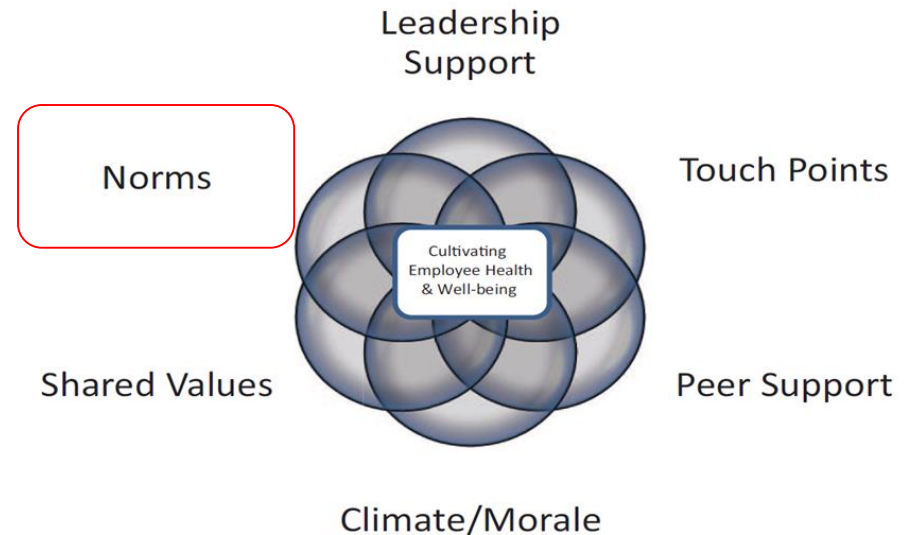
- Manager tip #8
Set a timer on your phone for 1-minute self-care check-ins
- Manager tip #9
Share self-care strategies with your team
- Manager tip #10
Notice the self-care is selfish story



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



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>
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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

Pick My Brain...

What Question Do You Have?

