

Ten Minute Wellbeing Tips for Managers



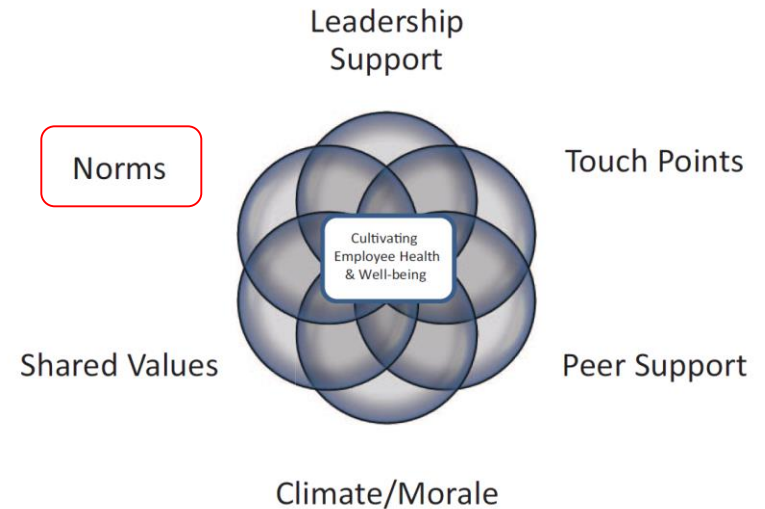
Powered by the Office of Wellbeing

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

Theme: Norms

Episode 7: Introduction

- **Last Week's Episode:**
Role modeling self-care



Theme: Norms

Episode 7: Introduction



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Episode 7: Introduction



Theme: Norms

Episode 7: Define



How to Support Norm Change

- Identify possible norms
- Involve the team
- Collaborate with influencers



Wait, there's more...

How to Support Norm Change

- Be a role model
- Identify resources
- Identify obstacles



Theme: Norm

Episode 7: Introduction

- **Agenda tip # 7:** Talk with your team about what healthy habits they'd like everyone to support
- **Manager tip# 11:** What cultural norms are interfering with your wellbeing goals?



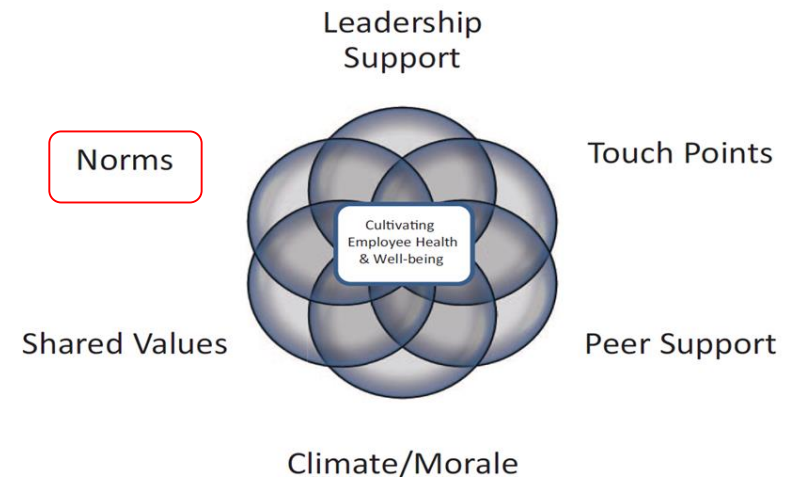
Theme: Norms

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Answer two questions before you go!

Next week:

Norms Part 2 – Rest and Taking a Break



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- Access the portal via my.jh.edu and click on the 'Healthy at Hopkins' tile
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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
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Pick My Brain...

What Question Do You Have?

