

Ten Minute Wellbeing Tips for Managers

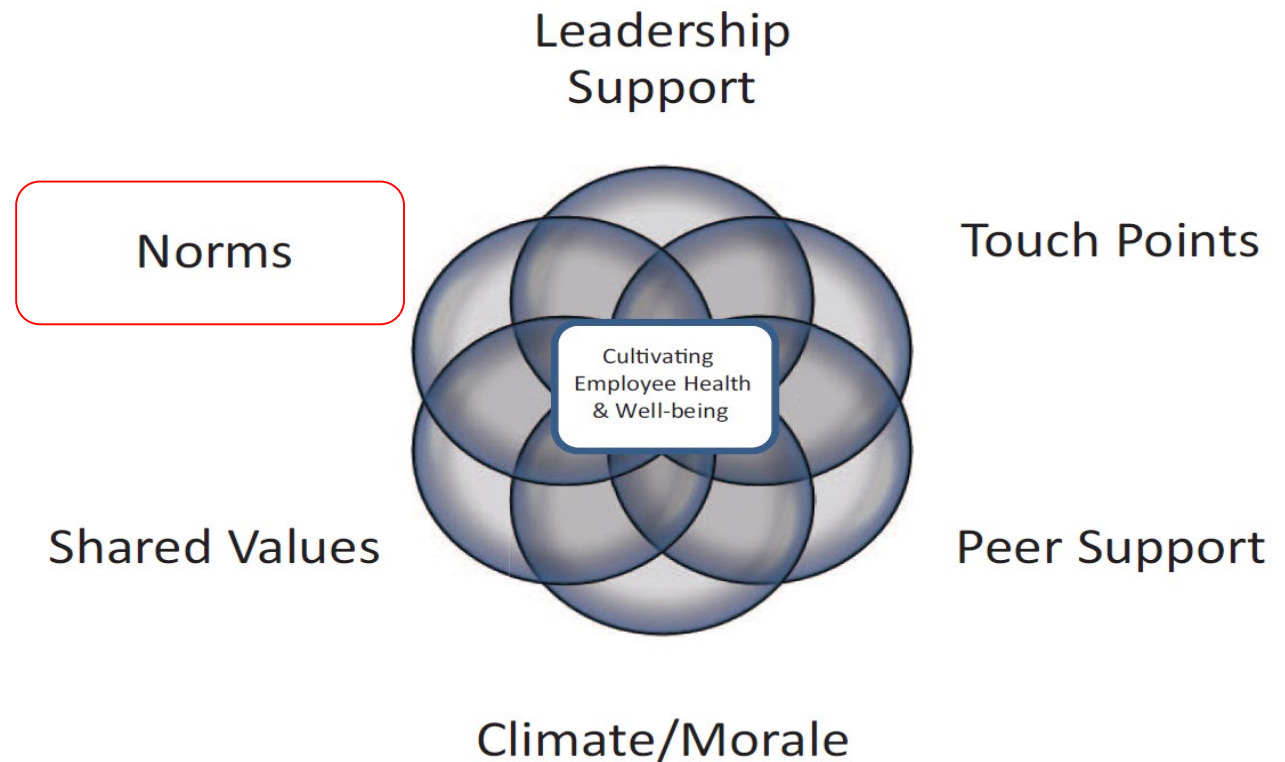


Powered by the Office of Wellbeing

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

Theme: Rest

Episode 8: Taking a Break




We need many types of rest

- Physical
- Mental/Cognitive
- Emotional
- Social
- Sensory
- Spiritual
- Creative

REST
RELAX
REPEAT



Breaks are beneficial for individuals, teams & their organizations



**Take
A
Break**

The Benefits of Breaks

- Provides time to rest and reset
- Increase engagement in wellness practices while at work
- Improved focus, energy and memory
- Reduces decision fatigue and improves reasoning
- Improves motivation
- Improves productivity
- Increases creativity and solution-finding
- Suggested to help maintain our sense of self and our moral and ethical compass

Types of At-Work Breaks

Bio Breaks

Brain Breaks

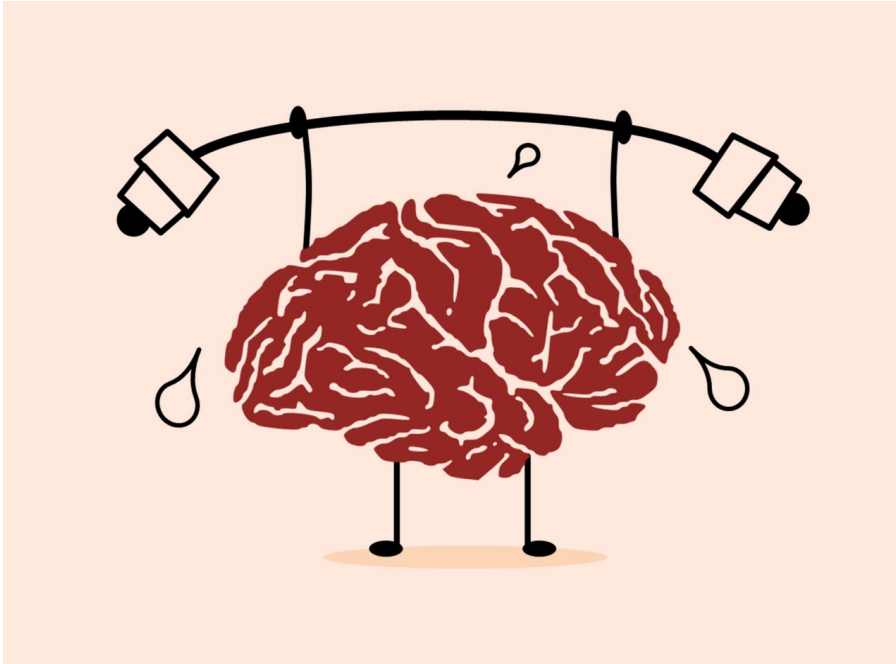


Meeting Basic Physiological Needs at Work

- **Hydration**
- Nutrition
- Bathroom breaks
- Movement **balancing**
 - Flexion/Extension
 - Sedentary/Moving (5 minutes/hour)
 - Rushing around/slowing down




Brain Breaks



Brain Break - examples

- Breath – slowly and intentionally
- Reconnect to your purpose/intention
- Switch to a different activity
- Change your location/environment
- Walk or exercise
- Have a meal or healthy snack (single-task)
- Mindful pauses and practices
- Daydream – yes, really!
- Activate your visual and creative brain

Resource: Somatic Shorts Series



The video player shows two women, Jen Graham and Carolyn Cumpsty Fowler, in a library setting. Jen is on the left, gesturing with her hands, and Carolyn is on the right, speaking. The video title is 'Somatic Shorts_introduction'. Below the video, the names and affiliations of the speakers are listed: Jen Graham, RSME/T, and Carolyn Cumpsty Fowler, PhD, MPH, ACC, both associated with The Johns Hopkins Health System. A 'Watch on YouTube' button is also visible.

INTRODUCTION

Self-Care through Somatic Movement

The term "Somatics" was coined by professor and theorist Thomas Hanna in 1976 and it has come to represent a field of movement studies and bodywork that foregrounds the internal physical sensations, perceptions, and experiences of the body.

Somatic shorts are 5 minute sessions that allow you to reconnect with your body through movement that is performed consciously, with complete internal focus and attention.

12 sessions (5-minutes or less)

Choice of activating or calming sessions

<https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being/resources/somatic-self-care>

What if I can't take a break?

- Pause & breathe (even 3 breaths help)
- If possible make a shift:
 - Change the focus of your work
 - Solo to collaborative
 - Sitting to standing



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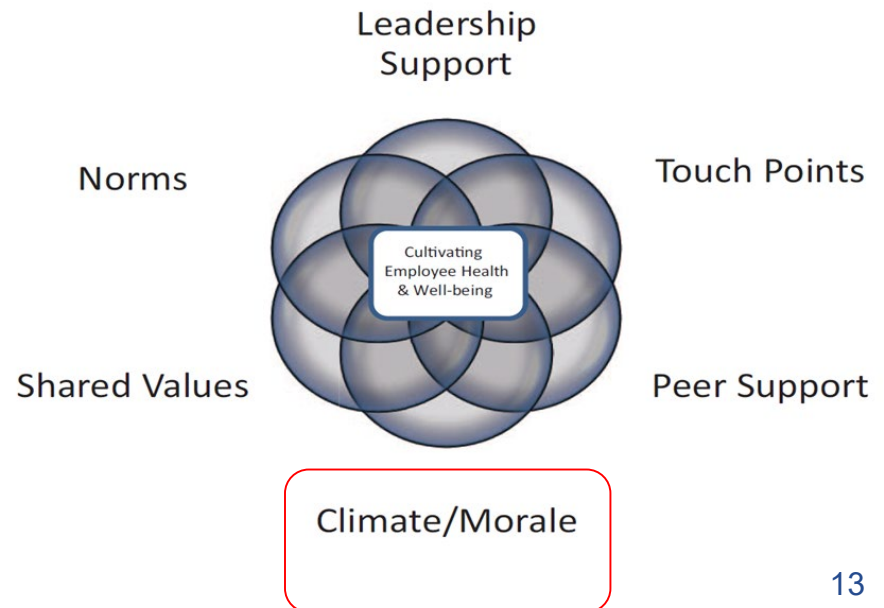
- Agenda tip #8
Shorten meetings to allow people to take a short break before their next commitment (e.g., 25 or 50 minutes).
- Agenda tip #9
Include a brief break on the agenda: stretching, breathing, etc.



Theme: Rest

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- Please answer two questions before you go!
- Next week: Taking a breath (a wellbeing exercise)



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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
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What Question Do You Have?

