

# Ten Minute Wellbeing Tips for Managers

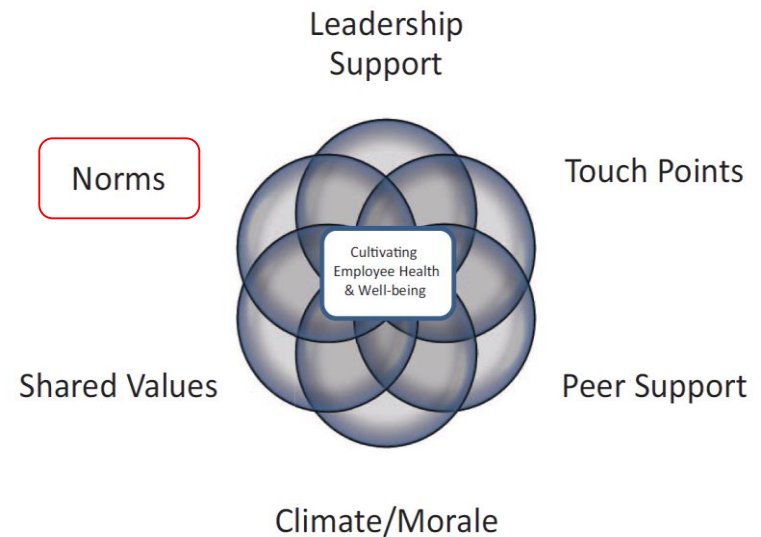


*Powered by the Office of Wellbeing*

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

# Theme: Breathing

- **Last Week's Episode:**  
Taking a break



# Theme: Norms / Social Climate

## Episode 9: Take a Breath



# Theme: Norms/Social Climate

## Episode 9: Breathing



# 4-7-8 Breathing

Breathe more. Stress less. Keep the pressure down.  
Use the 4-7-8 breathing technique to lower your stress level.



- 1) Close your mouth and **inhale** through your **nose** to a silent count of **4**.
- 2) **Hold** your breath for a silent count of **7**.
- 3) **Exhale** completely through your **mouth** to a silent count of **8**.
- 4) **Repeat** the cycle **three more times** for a total of **four** breaths.

# Theme: Norm / Social Climate

## Episode 9: Breathing

- **Agenda tip # 10:** Distribute the 4-7-8 breathing cards to your team
- **Agenda tip # 11:** Lead the breathing exercise with your team or request a meditation from the wellbeing menu
- **Manager tip# 12:** Breathe
- **Agenda tip# 12:** invite your team to attend Mindfulness Monday together



# Theme: Norms/Social Climate

## Episode : Breathing

Answer three questions before you go. One is about breathing more!

**In Two Weeks:**  
Sense of Community





# 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?

