

The “We” in Well-Being

Helping Each Other Balance Work and Life

2024 WORKSITE WELLNESS MENU

Incorporate well-being practices with your team! These activities are fun to complete with your colleagues and will help keep you energized throughout the work day!



Follow these steps to request a wellness event for your team:

1. Review the menu below, and submit a request.
2. A Healthy at Hopkins team member will reach out to discuss event details and confirm the date.
3. Promote and share the event with your team.

Please allow up to 10 business days for your event to be scheduled and confirmed.

Wellness Activities

The activities below are available to request. [Click here](#) to request your team activity.

Well-Being Break (5-15 minutes)

Add a Well-Being Break to your team’s meeting agenda. Choose from the menu below:

- **New for 2024 Ditch the Desk:** Whole-body workouts with modifications for everyone.
- **New for 2024 Strength and More:** A series of body-strengthening exercises on or off your desk.
- **Walk It Out:** A variety of movement exercises designed to boost energy.
- **Progressive Muscle Relaxation:** The art of tensing and relaxing for deep muscle relaxation.
- **Rise and Shine Stretches:** Total body gentle stretches to support flexibility.
- **Breathe Deep:** What does your team need? Choose one; focus, energy, calming, relax.
- **New for 2024 Energy Boost:** Incorporate High Intensity Interval Training (HIIT) exercises into your workday.

New for 2024 2024 Healthy at Hopkins: Program Overview (20 minutes)

Learn more about how Healthy at Hopkins can support your well-being. The workshop covers the Healthy at Hopkins program, portal login, account creation, app and device connection, and well-being resources.

Stress and Resilience

- **Live & Work Mindfully (30 minute, four-week series):** In this series, team members will learn how mindfulness can help decrease the effects of stress and allow for greater ease in life. Participants will learn how to shift from unhelpful thoughts and behaviors to living with more efficiency and less stress using different mindfulness practices taught each week. To request this series for your team, contact Jennifer Salaverri at jsalave3@jhmi.edu.

**Rewards points are not available to be earned for this series.*

- **Meditation Workshop (30 minutes):** Meditation has been shown to reduce stress, improve sleep, help positive thinking and emotional stability, and enhance overall health. In this workshop, learn the basics of meditation and be guided through a meditation practice.
- **The Self-Care Playbook (30 minutes):** This presentation will teach you how to build your own personalized playbook to practice self-care to support your wellbeing.
- **New for 2024 Boost your Mental Muscle (30 minutes):** Boost your brain power! This workshop will help you learn how to activate, promote and improve your cognitive abilities.
- **From Overwhelm to Ease (45 minutes):** Are your team members feeling overwhelmed? This seminar teaches the basics about how mindfulness can decrease stress, improve physical and mental health, and help them move through life at work and at home with more efficiency and ease.
- **New for 2024 Emotional Resilience 101 (30 minutes):** Strengthen your emotional resilience by learning strategies to manage difficult emotions. This workshop will teach you simple tools to support your emotional well-being as you navigate life's challenges.

Physical Well-Being (30 minutes)

- **How to Build Your Best Exercise Routine:** In this seminar, your team members will learn how to build an exercise routine that's right for their personal wellness goals.
- **New for 2024 Mastering Mindful Eating:** You will learn what it means to eat mindfully, why eating sometimes becomes mindless and how mindful eating benefits health and well-being.
- **Tiny Steps for Lasting Change:** Positive habits help make life easier. They also help us reach our personal and professional goals. This seminar will teach you how to build positive habits and take small steps toward big changes.

Need a unique program for your team? Contact healthyathopkins@jhmi.edu

Scan the QR code to access the
Healthy at Hopkins portal!

