

Looking for a way to support your employees during Epic Go Live? Healthy At Hopkins has the solution!



Stress Less Menu

Below is a menu of options designed for you and your employees to take 5 minutes for yourselves each day during this busy time. We appreciate all you do and want to remind you to relax, recharge, and **'Take 5!'**

Complimentary Menu

5 Minute Offerings

Take 5! Stretch Break

Have a member from the Healthy At Hopkins team visit your department, leading a fun and upbeat group stretch to get you up, moving, and energized for the day.

Short & Sweet Send Off

Kick off your departmental staff meetings with a fun and interactive stretch break or informational session from your favorite wellness team! Drop-ins boost morale, engagement of staff, and are a great change of pace to keep things fresh and fun.

Relaxation Station

Learn how to relax your muscles, clear your head, and release tension. This deep breathing, mindful exercise, will help you find your inner calm. Can't get away?— We can come to you! Relaxation techniques can be offered right at the Nurses' Station.



Offered right in your department. Managers/Supervisors have the unique ability to offer these convenient, interactive, stress-relieving activities at no cost!

10 Minute Offerings

Trail Mix Bar

Looking for an energy packed snack? Our onsite Registered Dietitian can come right to you and your department to lead a fun, interactive, 5 minute seminar on creating your own, homemade trail mix.

Snack SWAP!

Swap your unhealthy snacks for healthier choices. Choose from a variety of RD approved snacks and learn tips and tricks to make healthier choices.



Contact Healthy At Hopkins to Schedule a Service and Stress Less Today!

To order from our menu of services:

E-mail HealthyAtHopkins@jhmi.edu | Call (410) 955-1040



Stress Less! Employee Menu

Below is a menu of options designed to help you take a few minutes for yourself each day during this busy time. We appreciate all you do and want to remind you to relax, recharge, and take time for YOU!

Fit & Physical Menu

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. Take some time to get to the gym, clear your mind, and feel revitalized!



Denton A. Cooley Center

Conveniently located right on the hospital campus, next to the JHOPC, on the 9th Floor of the Johns Hopkins School of Public Health. Offers payroll deduction. Rates: Post-Doc - \$14.50/pay, House Staff - \$14.50/pay, Regular Staff - \$18.00/pay. Membership also eligible for Healthy At Hopkins reimbursement program. Join today by contacting 410-955-2513.



Fitness Center Discounts

JHHS Employee Wellness has created a list of JHM and local fitness centers that offer a discounted membership for JHHS/JHH employees. Hopkins-affiliated fitness centers include: Cooley Center, Bayview Fitness Center, JHU Rec Center, and Mt. Washington Fitness Center. To obtain a full list, please contact HealthyAtHopkins@jhmi.edu.



Yoga at Bayview Fitness Center

Enjoy yoga classes Tuesdays and Thursdays from 5:30pm-6:30pm conveniently located nearby at the Bayview Fitness Center. (Class complimentary with "All Access Pass" – Additional fees for non-pass holders). Call 410-550-1690 for details.

Spiritual Care & Meditation

Take a few moments to strengthen your personal resilience. This is an opportunity to begin, or renew your practice of centering, rejuvenation, and mindfulness.



Bunting Interfaith Chapel

The Bunting Interfaith Chapel hosts weekly worship services and is open 24 hours a day, providing a serene place for prayer, meditation, and reflection. Located in the Main Level/Arcade of the Zayed Tower, the chapel is open to people of every faith who seek spiritual shelter.



Meditation Rooms

We realize the importance of reflection and spiritual conversation, especially in a health care environment. The Bunting Family Children's Meditation Room is intended to be a quiet place for meditation and prayer for all people on the 3rd floor of The Charlotte R. Bloomberg Children's Center. The hospital also provides meditation rooms off the lobby of the Sidney Kimmel Cancer Center and inside The Bunting Family Interfaith Chapel located on the Main Level in the Arcade. All meditation rooms are open 24 hours a days, 7 days a week.

Employee Resources

http://intranet.insidehopkinsmedicine.org/rise/stress_management_resources.html

FASAP

(443) 997-7000

Resilience in Stressful Events (RISE)

(410) 283-RISE (7473) 8am – 5pm

Words of Inspiration

When you are feeling stressed, a simple thought can help provide insight to any situation.

It is sometimes hard to think of positive options when stressed. Take a moment to relax, gather your thoughts, inspire, and self-motivate.