Wellness Weekly: Learn how your leaders ‘move forward with self-care’

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1. Do you have advice for people who want a healthier lifestyle?

My advice is to start small and to celebrate each and every accomplishment. If your goal is to run a race but you are not ready, start off by taking increasingly longer walks in your neighborhood. Even in cold weather, the fresh air clears my mind and makes me feel more connected to my surroundings. And feel free to recruit a colleague or friend to embark on your wellness journey with you. It helps to have accountability while also having fun. Most of all, focus on what’s important and what matters to you.

2. What are you doing to help manage your stress during the pandemic?

While the pandemic has brought about new stressors and complexities, it has also helped me to focus in on what is important to me, especially my family. My husband and I have 7-year-old twins, Isaac and Vivian, and it is a wonderful joy to read books or watch movies with them. They are very independent and thoughtful, and I love hearing their ideas and opinions on what’s happening at school and in our community. We also introduced our kids to safe outdoor activities, like professional soccer matches. We have all been having fun getting into a new sport as a family.

3. What kinds of physical exercise and activities do you participate in?

I look for small ways to incorporate physical activity throughout my day. Getting moving — even for five minutes a day — is a fantastic way to de-stress and build resiliency. It can be hard to find time, but looking at smaller chunks in the day makes this more manageable. One way I accomplish this is by having walking meetings with staff. It’s a great way to talk and connect, while getting some steps in. It also helps me have a better frame of mind and just feel better overall. Several of our managers and leaders have started walking meetings with their own teams — I love that this practice has inspired others!

4. What stress reduction techniques do you use to decompress from a busy day?

Each day, I practice perspective and gratitude. I am intentional and purposeful to make sure I do this. Typically, before bed, I write down three things that I am grateful for that day. Sometimes these are small things and that is OK. It’s a way to remind me to stop and appreciate all of the wonderful things and people around me, such as our talented and dedicated staff. I also pause and breathe for perspective. When I am more mindful of my breathing, I can better manage stress and focus on matters at hand.

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Share your story. Click here to submit.

Click here for more resources from the Office of Well-being.

Invite a Healthy at Hopkins team member to your next staff meeting to lead a progressive muscle relaxation exercise or guided meditation. Click here to see offerings and to request an event.

Have you heard? The spring Race the Globe Steps Challenge is March 21-April 18. Be sure to register on the Healthy at Hopkins portal and get steppin’!

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