

# Stronger with Self-Care

## Healthy at Hopkins

### Worksite Wellness Menu

Healthy at Hopkins is here to support you and your colleagues on a path to prioritize self-care. Choose from a variety of events and activities to keep you connected, healthy and well while at work and at home. Follow these steps to request an event for you and your colleagues:

1. Review the offerings below and submit a request. Please allow at least five days for your event to be confirmed and scheduled by the Healthy at Hopkins team.

[Click here to complete the request form.](#)

2. Confirm event details and logistics with the Healthy at Hopkins team.
3. Communicate and promote the event to your department and team.

#### SEMINARS AVAILABLE SEPTEMBER 27, 2021

Seminars to Strengthen the Mind  
(45–60 minutes)

- **From Overwhelm to Ease**
  - **Description:** Are you feeling overwhelmed with so much to do? Do you feel like you try to relax but can't turn off your brain? This seminar will teach you the basics about how mindfulness can decrease stress, improve physical and mental health, and help you move through life at work and at home with more efficiency and ease. This offering may be especially beneficial for people who have heard of mindfulness or meditation and perhaps have tried practicing with little success.
- **Self-Compassion in Action**
  - **Description:** This seminar explores the concepts of self-care and self-compassion, and challenges participants to consider what the disconnection may be between knowing about these concepts and embracing them as a part of their daily lives. Participants will learn to improve their relationship with themselves by increasing awareness of negative self-talk and other unhelpful thought patterns. A guided self-compassion practice helps participants focus on alleviating their own suffering and lean into self-compassion.



## Fit Breaks & Workshops

- **Meditation Workshop**
  - **Description:** 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 as well as techniques that can be used every day.
- **Progressive Muscle Relaxation Exercise**
  - **Description:** Is there a lot of stress and anxiety in your workspace? Try progressive muscle relaxation — a technique based on the simple practice of tensing one muscle group at a time followed by a relaxation phase with release of tension — to unwind during your workday.
- **Fit Breaks**
  - **Description:** Get moving and reenergize throughout the day. Have an all-day virtual meeting approaching? Add a quick fit break to the agenda to prepare! Choose from:
    - Chair yoga
    - Deep breathing
    - Deskercise
    - Gentle stretching
    - Stepping for self-care
- **Healthy at Hopkins 101**
  - **Description:** Learn the ins and outs of the Healthy at Hopkins program. In this demo, we will cover how to login to the portal and create your account, how to connect your apps and devices, the 2021 Rewards Program, how to access healthy resources and take advantage of all that portal has to offer.

- **From Roadblocks to Resilience**
  - **Description:** Stress and adversity can take an emotional toll on us, affecting how we feel and act in our personal and professional lives. By tapping into our capacity for resilience, we can recover and regain stability in our lives. This seminar shares what you need to know about resilience and introduces five practices to help you bounce back quicker by accessing the emotional strength that you already have.
- **Happiness at Work: De-Stressing and Reenergizing on the Job**
  - **Description:** Most people spend the majority of their weekly hours at work. This time chunk can make or break your health! By learning to make your workday relaxing, healthy and low-stress, you can transform your health. This seminar outlines ways to pursue happiness in the office and keep your workday healthy.
- **Sidelining Stress: Tips and Tools for Stress Relief**
  - **Description:** Life doesn't seem to be getting any less stressful. This seminar provides strategies and actionable tips for overcoming overload and feeling more in control of our lives.
- **The Importance of Rest and Recovery for Wellness**
  - **Description:** We often overlook the importance of rest and recovery to support our well-being. This seminar breaks down the value of adequate sleep, noting how we can support this necessity to bring more balance into our lives.
- **The Positive Perspective: How to Retrain Your Thoughts**
  - **Description:** What if we said you could improve the fitness of your brain? Positive psychology and mindfulness can help us bring more meaning into our work and lives. In this seminar, you'll learn practices to help you thrive, improving your productivity, concentration and overall happiness.
- **Understanding Habits: A Guide to Transformation**
  - **Description:** Why do some people struggle to change while others appear to change overnight? The answer may be in our habits. Understanding the things that trigger our unhealthy habits can help us to transform them into the healthy routines we desire. This seminar introduces strategies for identifying triggers that affect our behaviors and adopting healthful routines in our own lives.
- **Your Social Network**
  - **Description:** Social support plays a large role in both your mental and physical health, but relationships can sometimes be complicated. In this seminar, you'll learn how to build your social support network as intentionally as you would build your exercise routine or meal plan. Make healthy relationships work for your health and happiness.



- **Why Weight? Putting Wellness Before Weight**
  - **Description:** Most of us know at least one person who watches their weight or has at some point in their life. Weight and other measures of body fitness can give us insight into where we stand, but these are only one part of our overall health picture. In this seminar, we will review what these measures can tell us and the lifestyle changes that can help us improve and maintain the health of our bodies.
- **Heart Smart**
  - **Description:** Over the last 50 years, heart disease has become woven into the fabric of our nation’s health landscape. In that time, lifestyle risk factors such as improper nutrition, stress, lack of exercise and smoking have come under the microscope. This seminar explains how and why heart disease develops and how you can identify your risk. Finally and most importantly, this seminar offers guidance on how heart disease can be prevented and managed with lifestyle changes.
- **How to Build your Best Exercise Routine**
  - **Description:** We know that exercise is important to overall health, but that doesn’t automatically make sticking to a routine easy, especially when we haven’t found the right fit yet. Fitness levels and abilities can change over time, and so can our schedules and preferences. In this seminar, you’ll learn how to build an exercise routine that’s right for you, and even enjoyable. More post-workout “feel-good” hormones will be coming your way in no time!
- **Plant-Based Diets and You: What the Omnivore Can Learn**
  - **Description:** You don’t have to be a vegetarian or vegan to reap the benefits of a vegetarian style of eating. Many omnivores are starting to experiment with incorporating more meatless meals and days into their lifestyles. This seminar teaches the basics of plant-based meals and how to incorporate this style of eating into your current routine.
- **Staying Healthy at Home**
  - **Description:** When routines get changed and we are spending more time at home, it can be easy to lose sight of our healthy habits. This seminar provides tips on how to stay healthy while at home. It also discusses ways to improve our moods and make the most out of stressful situations.