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1. Do you have any advice for people wanting to live a healthier lifestyle?

My advice would be to find what works best for you. Not everyone has the time or is motivated to go to the gym five times per week, but there is always something you can do. For example, one of our team members realized that gardening is actually one of the activities listed as a workout in the Healthy at Hopkins portal! Once you've found something you want to do, tell people you are going to do it to help you stay accountable.

2. How do you incorporate wellness/well-being into your day?

During the workday, I admit it's difficult, but getting away from my desk. Working at HCMC (Howard County Medical Center), it's easy to take a quick walk through the hospital and visit a few departments to connect with folks on my team. The face-to-face interaction is energizing, and it serves additional purposes of keeping me abreast of any current issues my team is facing and getting to know my team in a more informal way.

3. What are a few of your practices to help you fall asleep and stay asleep?

If I'm having trouble falling asleep, because I can't stop thinking about something work related, I type my thoughts out using my phone's Notes app so I can alleviate the anxiety and relax my mind. I also use different relaxation practices. I like the 4-7-8 breathing technique, or practicing progressive muscle relaxation.

4. How do you stay connected with others?

This is really challenging given how busy everyone is, but I try to be intentional about getting together with my friends and family on a regular basis. I like to cook, so we'll invite people over for dinner on the weekends. To this day, my siblings and I bring our families for dinner at my parents' house every Sunday. And I meet my dad for breakfast at a local diner every Saturday just to shoot the breeze.

Ask the Expert

May 9 at noon

Join a 30-minute Ask the Expert session with Nicole Baumgarth, director of the Lyme and Tickborne Diseases Research and Education Institute, to learn everything you need to know about tickborne illness.

[Click here](#) to join the meeting.

Healthier Together

[CLICK HERE](#)

for more resources from the Office of Wellbeing.

Scan the QR code to log into the Healthy at Hopkins portal!



[CLICK HERE](#)

to view the Worksite Wellness Menu and request an event.