

Britton Mann

HR office coordinator and Beekeeper



In a busy office, the constant buzz of activity can be overwhelming – and for many Baylor Scott & White employees, spending free time reconnecting with nature provides a welcome relief. When stress and anxiety overwhelm Britton Mann, Total Rewards Office Coordinator II at Baylor Scott & White Health, she finds peace at her apiary in Ennis, Texas, where she cares for six beehives. Being surrounded by bees may not be a calming thought for many people, but for Britton, beekeeping brings clarity and comfort.

“I struggle with anxiety, and beekeeping gives my mind something positive to focus on,” Britton says. “Being out there with the bees, hearing the humming of their wings, and feeling closer to nature has helped me cope.”

Britton believes it’s important to talk about mental illness to remove the stigma associated with it, and to seek help when you need it. To address her personal struggles with anxiety, she researched mental health online and sought help from

a counselor and psychiatrist. She encourages others to do the same.

“Baylor Scott & White Health provides many resources for mental health, including counseling, a peer support line, spiritual support line, and medical benefits,” Britton says. “A mental health professional can help with medication, counseling, and healthy ways to cope. It’s important to reach out. Otherwise, you may never get the support you need.”

Beyond taking care of her mental health, Britton often feels the happiest when she’s spending time with her family and spending time outdoors. Beekeeping allows her to do both. Her uncle, who is also a beekeeper, inspired her to take up the hobby. He helped her get started, teaching her the basics as they worked together on his apiary. Together, they would walk the property, tend to the bees and repair hives, and he happily answered any questions she had. Now, the two continue to talk and text often, sharing photos, updates, and of course, honey.

While Britton eventually plans to sell her honey, she won’t do so until next year. “To allow the hive to become established, honey isn’t harvested in the first year. The bees need time to get familiar with their surroundings, grow in number, and store up their own honey supply for food,” she explains. “It’s important to allow a hive to gain strength so you can harvest the honey in the second year and on. The stronger the hive, the more honey it will produce.”

During her hives’ first year, Britton took a small sample of the honey to see how it would compare to other local honey. Recently, she conducted a taste-test with her coworkers at Baylor Scott & White, comparing her honey with a store brand, and her uncle’s honey. The experience brought her closer to her coworkers—many of whom have gained a new interest in honeybees. “How are the bees?” is a question Britton hears regularly.

As a Total Rewards Office Coordinator II, Britton works in human resources and has noticed a few parallels between the way bees—and her team—work together. “Bees are organized, intelligent and hardworking,” she says. “Each bee has a different job within the hive, yet they work together with a common goal of making honey. As with any organization, each job is important in order to thrive because without just one, their efficiency and strength will suffer.”