

National Health Blog Post Month

November 2012 - #NHBPM

30 Days, 30 Posts

#NHBPM



The only rule is: blog every day about health.

You get TWO "Get Out Of Post Free" Days. Use wisely!

Feel free to tweet your posts with: #NHBPM and share them in the FB Event Group.

Here are the prompts!

Day 1 – Thursday, Nov. 1

"Why I write about my health"

OR

"My favorite thing about social media / the internet / online health communities..."

Day 2 – Friday, Nov. 2

Write about the weirdest thing about your health

OR

Find a quote and use it as inspiration

Day 3 – Saturday, Nov. 3

"I don't know about this, but I'd like to."

OR

A post about a conversation with your doctor

Day 4 – Sunday, Nov. 4

Disclosure post. How did you decide what to share? What do/don't you share?

OR

Write about what's in your bag / purse / backpack every day

Day 5 – Monday, Nov. 5

Health Activist Soapbox.

OR

Write a #ListOf3 Things that you're thankful for / excited about / or inspired by

Day 6 – Tuesday, Nov. 6

News-style post

OR

Write about a time you had to take the high road

Day 7 – Wednesday, Nov. 7

Redesign a doctor's office or hospital room

WEEK 2

Day 8 – Thursday, Nov. 8

Write about how you choose to write about others in your blog. (Friends, family, etc)

OR

Write a letter to your health

Day 9 – Friday, Nov. 9

Community Care Package. Create the perfect care package for your members or fellow patients

OR

Tell a descriptive story about a memory

Day 10 – Saturday, Nov. 10

LOL Post. Write something funny or share something you found funny

OR

Should people post about their (or loved ones) health on Facebook? Why/why not?

Day 11 – Sunday, Nov. 11

Anatomy Post. Re-label an anatomy picture with new names/descriptions for your body parts.

OR

Write about your favorite thing that is not health-related but likely improves your life

Day 12 – Monday, Nov. 12

Call BS on something. What's something that is just ridiculous?

OR

"My favorite health app / device / game is..." and review it

Day 13 – Tuesday, Nov. 13

Book report. What's your favorite book and how can you tie it to your health or life?

OR

Write about something taboo

Day 14 – Wednesday, Nov. 14

"My life is a reality show." Write characters, plots, the set, and why people should watch

OR

Advice for dealing with negative feedback in your community

WEEK 3

Day 15 – Thursday, Nov. 15

Why healthcare companies (or healthcare professionals) should use social media

OR

Nominate someone for a Health Activist Award bit.ly/haawards12 & write a post about why you nominated them!

Day 16 – Friday, Nov. 16

Create a comic strip about your health / life / community

OR

Use a picture or video to inspire a post

Day 17 – Saturday, Nov. 17

My strengths and weaknesses list post

OR

Health Playlist. Make a playlist for your health community

Day 18 – Sunday, Nov. 18

"I want to change THIS about healthcare..."

OR

Write about your advice for someone caring for a patient with your condition

Day 19 – Monday, Nov. 19

Questions I have for other patients

OR

Write about: Life and Death

Day 20 – Tuesday, Nov. 20

"A health moment I regret..."

OR

Write about alternative treatments / regimens / medicine. What do you support? What is crazy?

Day 21 – Wednesday, Nov. 21

Create a new technology related to health

OR

Write about mental health

WEEK 4

Day 22 – Thursday, Nov. 22

Thanks Post. Write about what you're thankful for!

OR

Write about change

Day 23 – Friday, Nov. 23

What's something your doctor taught you or you taught your doctor?

OR

Clean out your fridge or closet in written form. What's in there? How does it reflect your personality?

Day 24 – Saturday, Nov. 24

Write a TV episode of your favorite show that features someone with your condition. What do you want people to know?

OR

"If I had more than 24 hours in a day..." (Or unlimited spoons or funds)

Day 25 – Sunday, Nov. 25

Write about what you want to happen to your blog/community when you die

OR

How have your goals as a patient / advocate / person evolved?

Day 26 – Monday, Nov. 26

Interview your health

OR

Make a chart / meme / poster and write about it

Day 27 – Tuesday, Nov. 27

"I bet you didn't know..."

OR

"If I could go anywhere..."

Day 28 – Wednesday, Nov. 28

Interview a community member!

OR

Write about how you deal with mean comments / trolls / snakeoil / or bullies

LAST WEEK

Day 29 – Thursday, Nov. 29

“If I could accomplish one thing (anything) in 2013 it would be...”

OR

Write about unexpected blessings of your health condition? Or how being a patient / caregiver has changed you

Day 30 – Friday, Nov. 30

Recap NHBPM

OR

Write about why you're awesome

Bonus Prompts – supplement these instead of the prompts above.

- Raise awareness for another condition!
- Why I decided to leave an online community
- My favorite blogs
- My favorite Twitter users
- Attend a Tweetchat and recap it!
- Create a flag for your health community
- Prep for the holidays – in a post!
- Write about what it's like to travel with your condition
- Invisible Illness vs. Visible Illness. Pros & Cons
- The best doctor's appointment
- Advice for newly diagnosed patients
- Advice for new doctors or nurses
- The decision to stop writing
- How you take time for yourself
- Nominate someone for a Health Activist Award & share why you nominated them in a post. Do this over and over! bit.ly/haawards12