



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Back O' the Door Wellness Tips®

Back O' the Door Wellness Tips®

- Provide a ready to use, cost effective resource for telling the "Good News" of health promotion, illness prevention and steps toward wellness.
- Disseminate health promotion information in areas where space is limited and makes use of an often overlooked venue—the "bathroom classroom."
- Involve many members of the faith community in health ministry through decorating and posting the information. Preparing the flyers is a great project for older adults who are unable to attend church but want to be involved. Posting and decorating the Tips can provide an opportunity for intergenerational interaction.

Advantages of Back O' the Door Wellness Tips®

- Quick read.
- Reaches a large number of persons.
- "Captive" audience.
- Clear and to the point message.
- Easy to use and fun, too! Novelty of the idea attracts attention. Folks can't wait to see what's coming next!
- Reinforces wellness information that has been introduced in other settings. Advertisers say that a person must hear and see a message at least seven times before it begins to stick with them.
- Use of scripture and inspirational quotes with health messages assists in linking faith beliefs with lifestyle choices that emphasize wholeness of mind, body and spirit.

Helpful Hints for Displaying Back O' the Door Wellness Tips

- Change your Tip regularly - no one likes to read "old news!"
- Tips may be laminated for reuse.



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A Back O' the Door Wellness Tip about Stress



Is your life a
sentencetypedwithout
anyspaces?

Jesus said, “Come to me all you who are weary...
and I will give you rest.”

Matthew 11: 28 (NIV)

RX for Stress:

Sit down and close your eyes for a moment or two. Take a deep breath, then imagine you are being held in Jesus’ lap, resting your head on his shoulder, giving him your burdens.

Repeat often.