

# FALL IN LOVE WITH TAKING CARE OF YOURSELF.

MIND • BODY • SPIRIT



**the BEHAN PROTOCOL**  
FOR BETTER BACK AND SPINE HEALTH

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# TYPES OF SELF-CARE



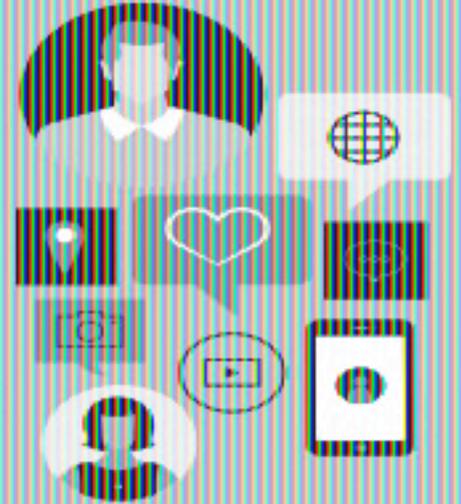
## PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Exercise
- Rest



## EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Healthy food
- Kindness



## SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



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