

Module 6: You're Between Treatments Toolkit

Your Guide to Feeling Better, Even on the "Off" Days

Not every ache needs an urgent fix.

Not every tired moment means something's wrong.

But those "in-between" days, where you feel off, tight, flat, or foggy, still deserve care.

Maybe your neck is stiff after hours at a desk.

Maybe your lower back is grumbling after a restless night.

Or maybe there's no clear reason, you just don't feel quite right in your body.

This module is for those times.

You're not in a pain spiral. You're not completely fine, either. And you're definitely not imagining it.

Your body is simply saying, "I need a hand."

Rather than guessing, pushing through, or waiting until things get worse, this is your chance to pause and ask:

What might help right now?

That's where your Between Treatments Toolkit comes in.

Not a list of shoulds or rules. Just a collection of small, supportive practices that help you meet your body as it is, with a little more ease, comfort, and confidence.

These tools don't replace hands on care.

They help **extend** it.

They're what you reach for when you're between treatments, navigating your day-to-day, and wanting to feel better, gently, consistently, and without needing to push.

Why a Toolkit?

A toolkit gives you options, real, simple ways to respond when your body needs a little extra care.

Without one, it's easy to get caught in a loop of guessing, Googling, or just hoping things settle on their own. But when you have a handful of trusted tools that actually *work for you*, everything shifts.

You start to feel more capable, more supported and less at the mercy of tightness, fatigue, or discomfort.

Think of your toolkit as:

- A shortcut to ease when you're not sure what you need
- A bridge between massage sessions that helps your results last longer
- A confidence booster that says, "I've got this", even on the harder days

It doesn't have to be big or fancy. You don't need a full routine, or to get it perfect every time. You just need a few things that:

- Help you feel grounded when you're scattered
- Help you feel soothed when you're stirred up
- Help you feel re-energised when you're flat or sluggish

And because these tools are based on your body, your patterns, and your preferences, they're far more effective than anything you'll find in a generic list online.

Your body is already communicating. This toolkit just gives you a way to respond.

What's in a Toolkit?

Think of your self-care toolkit as a collection of go to options you can reach for when your body feels tight, tired, sore, or just a little off. Flexible, supportive strategies that fit your real life are what matter most, not strict routines or getting everything "right."

Your toolkit might include:

- **Breath techniques** to help calm the nervous system, ease tension, and bring you back into your body. A few slow exhales can do more than you think.
- **Balms or liniments** that offer warming or cooling relief when an area feels cranky, heavy, or foggy. (MyoPro® Muscle Relief Balm is a favourite for a reason.)
- **Heat or cold therapy** — heat to soften stiff muscles and promote circulation; cold to reduce swelling or irritation.
- **Gentle movement resets** like shoulder rolls, hip circles, or a short walk. These help shift posture, refresh circulation, and recentre your body after long periods of stillness.
- **Restorative positions** lying on the floor with your legs on a chair, or propped up with cushions, to help your body feel supported and reset without needing to "do" anything.
- **Mini body scans or check-ins** to notice what's changed and what's needed, without judgment or urgency.
- **Scent or sound** calming music, essential oils, or a quiet moment outside can shift your state faster than you expect.
- **Supportive tools** like foam rollers, spiky balls, or heat packs for simple at home tension relief.

- **A go-to question** like “What would feel easy right now?” or “What’s one thing I can offer this area?” to gently guide your attention without pressure.

You don’t need a huge list of tools. You just need a few that work *for you*. The ones you’ll actually use and enjoy.

Build Your Toolkit Menu

Your personal guide to feeling supported between treatments

What really counts is having go to options you can rely on. Whether your body is tight, tired, sore, or overwhelmed, your toolkit helps you respond with confidence instead of confusion not guesswork or Google.

You’ve already been exploring your body’s signals, stress patterns, and go to tension spots. Now it’s time to use those insights to create a plan that works for you, something flexible, supportive, and sustainable.

Use Your Worksheets

To start building your toolkit, go back to the worksheets you’ve already used:

- **Body Signal Tracker** – What signs show up early for you?
- **Stress Body Pattern Worksheet** – What tends to trigger tension, and what helps ease it?
- **Map Your Hot Spots** – Where does your body regularly carry stress, and what has helped in the past?

These reflections are your guide. They highlight what your body’s been telling you and what kinds of support it tends to respond to best.

Your 3-Step Toolkit Builder

Step 1: Think about your common “off” days

When do you tend to feel uncomfortable or flat?

What areas of your body speak up first?

Are there times of day, stressors, or situations that repeat?

Jot a few notes. These are your early clues your “yellow lights.”

Step 2: List 3 things that already help

Big or small, what has worked for you before? This might include:

- A warm shower or bath
- Gentle neck circles or shoulder rolls

- Lying on the floor with your knees bent
- Legs up the wall pose
- Heat packs or warming balm
- Deep breathing or doing nothing for 10 minutes
- Going for a short walk or stretching your spine
- A quiet cuppa or moment in fresh air

Step 3: Add 2–3 things you’re curious to try

This is your space to experiment and explore. Consider:

- Breathwork, body scans, or grounding techniques from earlier modules
- Trying child’s pose or lying with a wheat bag across your chest
- Journaling or mind dumping to clear your head
- Using a massage ball **gently** on sore spots
- Putting on a scent that helps you feel grounded
- Switching off your phone and sitting with stillness
- Doing 10 ankle pumps or shoulder shrugs to reawaken your system

"Let’s say your hips always feel heavy after long drives. Your toolkit might include: a 5 minute walk afterwards, applying balm before bed, and lying down with a cushion under your knees. You don’t have to wonder every time, you already know what helps."

There’s no perfect toolkit, just one that feels good to you. Yours might have two things, or twenty. It might shift every season.

Expand your options

Use this list as a menu of suggestions you can draw from. Mix and match based on what your body seems to be asking for:

BREATH + NERVOUS SYSTEM SUPPORT

- 3 count breathing (inhale for 3, exhale for 3)
- Box breathing (4–4–4–4 rhythm)
- Sighing out loud (yes, it counts!)
- Slow humming

- Placing a hand on your chest and one on your belly

MOVEMENT SNACKS

- Shoulder rolls or shrugs
- Gentle spinal twist seated in a chair
- Standing and swaying from side to side
- Walking up and down the hallway
- Gentle wall push-ups

HANDS ON COMFORT

- Self massage to your neck, shoulders, or hands
- Rolling your feet on a ball or frozen water bottle
- Applying balm or magnesium cream to tight spots
- Gentle skin brushing or using a soft cloth to wake the surface

RESTORATIVE PRACTICES

- Lying with knees elevated on a cushion
- Legs up the wall (or feet on a couch)
- Using a heat or cold pack
- Listening to calming sounds or white noise
- Closing your eyes for 3 minutes without multitasking

AWARENESS + CHECK-INS

- Doing a mini body scan
- Asking “What feels good right now?”
- Using the traffic light model to check your state
- Journaling a few quick notes like “My body today feels...”
- Noticing if you’re bracing or holding anywhere

* The suggestions provided here are for general wellbeing and do not take into account your individual medical history, injuries, or conditions. They are not intended to replace professional

medical advice or treatment. If you have concerns or experience worsening symptoms, please consult a qualified healthcare provider.

A Toolkit Works Best When It's Used Regularly

You don't have to wait until you feel awful to use your supports. In fact, they work better when used **proactively**, like brushing your teeth to prevent issues, not just when you've got a toothache.

This can be:

- A 2-minute reset after work
- A body scan before bed
- Balm before gardening or computer work
- A warm pack before you even feel stiff

You're creating a habit of care, not just a response to discomfort.

What's Next

What This Means for You

You don't need a perfect plan.

You just need *something* that helps you meet your body where it's at with a little support, a little patience, and a little trust.

A good toolkit is like a good friend:

It doesn't fix everything, but it's there when you need it.

What's Next

In **Module 7**, you'll learn how to bring your toolkit into your week, not as another chore, but as a rhythm that fits your lifestyle.

We'll help you:

- Create your own body support routine
- Add structure without pressure
- Build consistency that feels natural and doable

You've done the noticing.

Now you've gathered the tools.

Next, we make it *stick*, gently, sustainably, and on your terms.