

Module 7: Build Your Personal Body Routine

Create a weekly rhythm that supports your body

Create a weekly rhythm that supports your body, gently, consistently, and on your terms.

You've gathered tools, explored your patterns, and tuned in to your body's signals. Now it's time to bring it all together, into something that feels sustainable, supportive, and (dare we say) a little joyful.

You don't need a strict regimen or daily checklist just simple moments of care woven into your week. Small touchpoints that help your body feel more settled, more energised, and more like you

Why a Routine Can Help

Life is full. Things get busy, bodies get tired, and it's easy to forget what helps until something starts aching.

That's where a loose, flexible routine comes in.

Having a few body care anchors in your week means you're not starting from scratch every time you feel off. You've already created a rhythm of support, one that gently keeps you topped up rather than always playing catch up.

A good routine:

- Works with your energy, not against it
- Leaves space for real life and changing needs
- Includes variety, so your body stays interested and engaged
- Feels like something you *get* to do, not something you *have* to do

Your Body Routine Might Include

You don't need to overhaul your life. A supportive rhythm can come from small, thoughtful choices.

Here are some ideas:

Daily touchpoints

- Morning shoulder rolls while the kettle boils
- Breathwork during your commute

- A few minutes lying on the floor after work

Weekly rituals

- Heat pack and balm on tight spots before bed
- Gentle movement session on Sunday mornings
- Midweek reminder to check your stress or body signals

Monthly resets

- Book your next massage (yes, that counts!)
- Review your Toolkit Menu and update it
- Try something new, a new stretch, a new breath, a new awareness practice

"Let's say Sundays feel rushed, and you often wake up Monday tight and cranky. You might build your routine to include a 10 minute reset on Sunday evening, legs up the couch, soft music, balm on your shoulders, to smooth that transition."

Build Your Rhythm

Let's bring everything you've learned into a weekly rhythm that feels practical, gentle, and totally your own.

Start by taking a quiet moment to reflect:

- **What time of day do I usually feel a bit off or tired?**
Is it first thing in the morning before your brain switches on? Late afternoon when the day has worn you down? Or evenings when you've finally stopped but your body still feels "on"?
- **Which days of the week tend to feel more demanding or draining?**
Maybe Mondays are a mad rush. Maybe Thursdays are heavy with meetings. Noticing your patterns helps you gently plan support where it's most needed.
- **What are 3 small things I could sprinkle into my week?**
Think bite sized. A five minute stretch before work. A heat pack while watching TV. A short walk after dinner. No need for perfect routines just repeatable care.

Now imagine those little moments as anchors, not obligations, but kind check ins. The kind that help you stay *with* your body, instead of catching up to it only when things get loud.

You might like to:

- Print out a blank weekly calendar and jot in your ideas

- Use post-it notes for flexible reminders
- Set gentle phone alerts to stretch, breathe, or pause

Make this visual, if that helps. Make it colourful. Make it yours.

And most importantly **let it evolve**. Life shifts. So will your body. Your routine doesn't have to be rigid. Just supportive. Just yours.

What This Means for You

You've made it. You've listened in, tuned up, and gently reconnected with your body in ways that matter.

Now, this weekly rhythm is not about staying on top of everything. You're not adding more pressure or turning your self-care into a to-do list.

You're creating a soft landing, a foundation that holds you up through the busy days, the sore spots, the moments that feel a bit off.

Think of this rhythm as your body's new companion, a friendly guide that helps you:

- Stay connected before things feel overwhelming
- Support yourself in real time, not just in recovery
- Weave small, kind moments into your everyday life

This isn't a finish line, it's a starting point.

Because now, you're not just reacting when something hurts.

You're responding with care.

You're noticing your needs before they shout.

You're choosing tools that actually support you.

And you're doing it all from a place of trust, curiosity, and self-respect.

You've done the work. You've paid attention. You've gathered insights from your own body, not a textbook or a trend.

And now you get to carry that forward.

Small steps. Often. Kindly.

That's the magic.

That's the momentum.

And that's the kind of care that actually lasts.

We're so proud of you for showing up, for your body, your health, and your future self.

Let this be your beginning. You've got this.