



Align Your Body, Elevate Your Life

ELBIE'S ALIGN THERAPIES

The 7-Day Recovery Reset

Seven days to understand
what your body has been
asking for.

Move better. Recover better. Understand
your body better.

Before you start

This isn't a fitness challenge.

And it isn't seven days of being told to stretch more, drink more water or completely change your routine.

The purpose of this guide is much simpler.

For seven days, you're going to pay closer attention to what happens before your body feels tight, stiff, heavy, sore or tired.

You'll test a few small changes.

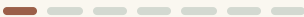
You'll notice what actually makes a difference.

And by the end of the week, you should have a clearer picture of your own recovery pattern.

You do not need to complete worksheets every day.

Read the page for that day, try what it suggests and make a quick note in your phone if you notice something useful.

Five to ten minutes is enough.



When does it actually start?

It’s easy to focus on where something hurts.

Today, focus on what was happening before it started.

The next time you notice tension or discomfort, think back over the previous hour.

Were you sitting for a long time?

Driving?

Standing?

Looking down at your phone?

Working at a laptop?

Carrying something?

Training?

Doing repetitive movements?

Rushing?

Feeling stressed?

Or had you barely moved at all?

TODAY’S TEST

Don’t immediately try to fix it.

First, notice the pattern. Then change one thing.

Stand up.

Walk for a couple of minutes.

Change position.

Move the area gently.

Stop doing whatever you’ve been doing continuously.

Then see what happens.

THE QUESTION TO ANSWER TODAY

What tends to happen before the tension appears?

QUICK NOTE

Write one sentence in your phone:

“My body usually starts complaining when...”

Finish the sentence. That is your first clue.



What is your body actually recovering from?

Your body does not separate exercise, work, stress, poor sleep and everyday life into neat little boxes.

It experiences all of them.

You might not have trained hard this week, but you may have:

Worked long hours.	Been commuting.	Been standing all day.
Been caring for somebody else.	Had poor sleep.	Been mentally switched on constantly.
Spent hours sitting.	Had a stressful week.	Done more physical work than usual.

All of that contributes to your total load.

TODAY'S TEST

Think about the last three days. Which has been highest?

Physical load

Work, exercise, walking, lifting, standing, repetitive movement.

Mental load

Deadlines, concentration, decisions, worry, being constantly "on".

Life load

Commuting, caring, housework, appointments, disrupted routines.

Now think about recovery.

Sleep.

Downtime.

Food.

Movement.

Actual rest.

If your load has been high and recovery has been low, your body may be responding exactly as you would expect.

THE QUESTION TO ANSWER TODAY

What am I asking my body to recover from right now?



Don't wait until you're stiff

A lot of people only move once they already feel uncomfortable.
By then, the tension may have been building for hours.
Today, we change the timing.

TODAY'S TEST

Think about when your body normally begins to complain.

Maybe it's:

Mid-morning.	After lunch.	Halfway through your shift.
During the commute home.	Around 6pm.	After you sit down in the evening.

Today, interrupt the pattern before that point.

Spend one or two minutes changing what your body has been doing.

Walk.	Stand.	Move your shoulders.
Change your sitting position.	Move your neck gently.	Stretch your legs.
Take a few slower breaths.		

You are not doing a workout.

You are simply breaking up a long period of doing the same thing.

AT THE END OF THE DAY

Ask yourself:

Did the usual tension arrive earlier?

☐ At the same time?

☐ Later?

☐ Or not at all?

WHY THIS MATTERS

If changing when you move changes when the discomfort appears, you have learned something useful about the pattern.

The sore spot isn't always the whole story

Your body works as a connected system.

The area you notice most may not be the only area involved.

Today, pay attention to what else is happening when your usual problem appears.

NOTICE WHETHER THESE ARE CONNECTED

- Neck tension and tight shoulders.
- Shoulder discomfort and upper-back stiffness.
- Lower-back tension and tight hips.
- Hip tension and tired legs.
- Tight calves and uncomfortable feet.
- Jaw tension and neck stiffness.
- Or another combination that keeps appearing for you.

TODAY'S TEST

When you notice your main problem area, scan the rest of your body.

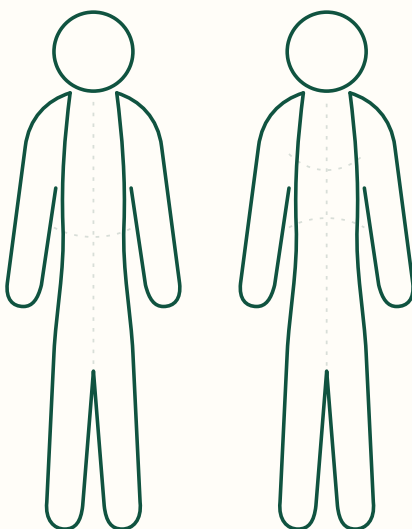
What else feels different at the same time?

You are not trying to diagnose yourself.

You are looking for patterns.

THE QUESTION TO ANSWER TODAY

What parts of my body seem to complain together?



FRONT

BACK



Are you resting or just stopping?

Stopping work is not automatically the same thing as recovering.

You can spend three hours on the sofa and still go to bed mentally wired and physically tense.

Think about what usually happens when your day ends.

Do you genuinely switch off?

Or do you:

Scroll.	Answer messages.	Continue working.
Do housework.	Look after everybody else.	Think about tomorrow.
Watch television while still mentally running through the day.	Fall into bed exhausted.	

TODAY'S TEST

Give yourself one deliberate 20-minute recovery window.

- No work.
- No chores.
- No doom scrolling.

Choose something that genuinely allows you to come down a gear.

That could be:

A warm shower.	Lying down comfortably.	A short walk.
Gentle movement.	Reading.	Music.
Quiet.	Slow breathing.	Or simply doing absolutely nothing.

BEFORE AND AFTER

Before you start, notice how tense your body feels.



After 20 minutes, check again.

Did anything actually change?

THE QUESTION TO ANSWER TODAY

What genuinely helps me recover, rather than simply occupy my downtime?



Find your energy leak

Sometimes the problem isn't motivation.
Your body may simply be running on empty.
Think about when your biggest energy drop usually happens.

Morning?

Midday?

Afternoon?

Evening?

Now look at what normally happens before it.

COMMON PATTERNS

Hours without eating.	Very little fluid.	Poor sleep.
Sitting for too long.	Standing for too long.	Constant concentration.
A stressful day.	Hard training.	No proper break.
Trying to push through tiredness.		

TODAY'S TEST

Choose the one factor that feels most relevant.
Change that one thing before your usual energy crash.
Not six things. One.
Then notice what happens.

THE QUESTION TO ANSWER TODAY

Did changing one thing change how I felt later?

WHY THIS MATTERS

One change you can actually repeat is more useful than a perfect routine you abandon after three days.



Build your own reset

You now have seven days of information.
Forget what you think you should have noticed.
Use what actually happened.

THINK BACK OVER THE WEEK

When did tension most often appear?	What were you usually doing beforehand?
Which other areas tended to feel tight at the same time?	When was your energy lowest?
What made things worse?	What genuinely helped?
What didn't make much difference?	

NOW BUILD YOUR RESET

Choose only three things.

- One thing to do earlier**
Something that may prevent the usual tension building.
- One thing to do less of**
A habit, position or pattern that seems to aggravate things.
- One thing that helps you recover**
Something realistic that genuinely changed how you felt.

KEEP IT SMALL

Your reset should fit into your real life.

If it requires a perfect morning routine, an hour of stretching and completely reorganising your week, you probably won't keep doing it.

Three useful changes are enough.

Your recovery pattern

Use this page as your seven-day summary.

My main problem area

I notice it most when

What usually happens beforehand

Other areas that tend to feel tight at the same time

My biggest energy drop

What seems to make things worse

What genuinely helped

The three things I'm keeping

1.

2.

3.

Digital users can screenshot this page and annotate it on their phone if they want.
Printable users can write directly onto it.

When your body needs more than a reset

There is a difference between a recurring tension pattern and something that needs proper assessment.

If discomfort keeps returning, becomes worse or starts significantly affecting your normal movement or everyday life, repeatedly trying to stretch or self-treat it may not be the most useful next step.

Seek appropriate medical advice if you develop new or severe symptoms, significant weakness or numbness, symptoms following a significant injury, or anything else that causes you concern.

This guide is intended for general wellbeing and recovery support.

It is not designed to diagnose or treat a medical condition and does not replace individual medical advice.

The most important thing you've done this week

You paid attention.

Not just to where your body felt uncomfortable, but to what was happening around it.

That information matters.

Because when the same discomfort keeps returning, repeatedly treating the sore spot without understanding the pattern can leave you going around in circles.

Keep noticing.

Keep testing small changes.

Keep the things that actually help.

Elbie's Align Therapies

Move better. Recover better. Understand your body better.

Continue your recovery

If you want to go deeper into a particular pattern, continue with one of the Elbie's Align Therapies digital guides.

The Evening Reset Guide

For when your body is tired but your system still won't switch off.

The Tension Pattern Reset Guide

For recurring tension that keeps returning to the same places.

The Hormonal Change Support Guide

For navigating changes in energy, recovery, sleep, stiffness and how your body responds during hormonal change.

Or explore hands-on treatment with:

Elbie's Align Therapies

Sports Massage and Recovery

Croydon