

Energy Recovery Day Plan

Recovery Workbook



@THEGROUNDEDLAB

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Welcome

This is your day to rest, recalibrate, and return to balance.

You don't need to push, fix, or achieve — today is about letting your body remember its own rhythm.

Think of this plan as a quiet guide — a way to soften into presence, nourish without pressure, and let energy rebuild naturally.

Each section moves in rhythm with the day: slow awakening, gentle nourishment, soft creativity, and deep rest.

Follow it loosely. Let it feel human.

If you need more rest, take it. If something feels good, linger there.

This day isn't about doing everything — it's about doing less, more intentionally.

As you move through the morning light, the soft pauses, and the quiet evening, notice how your body responds.

You may find that energy returns not with effort, but with trust.

Danica-Lea

DAY ONE

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DAY PLAN

The Gentle Beginning



Morning — Slow Awakening

Wake slowly — no alarm if possible. ▪ Drink a large glass of warm lemon water or water with a pinch of sea salt. ▪ Have an easy breakfast: porridge with banana and cinnamon, or eggs on toast with avocado. ▪ Sit by a window or step outside for 10 minutes of daylight. ▪

Intention: “Today, I let my body rest and trust it knows how to heal.”

Late Morning — Gentle Movement & Grounding ▪ Lie down for a non-sleep deep rest (NSDR) or yoga nidra session (10–20 min). ▪ Afterwards, move slowly: tidy one small space, water your plants, or walk barefoot on the grass. ▪ Have a light snack: a handful of nuts, fruit, or herbal tea with honey.

Grounding cue: Notice five things you can see, four you can touch, three you can hear, two you can smell, one you can taste.

Midday — Nourish & Reset ▪ Eat something warm and comforting: a soup or bowl with veggies, rice, and protein. ▪ Sit outdoors or near a window after eating — breathe deeply for five slow breaths. ▪ Write one journal line: “What does my body need more of right now?”

Afternoon — Soft Creativity or Rest • Rest in bed or on the couch — no screens. • If you feel drawn, paint, sketch, or write freely (even 10 minutes). • Light music, candle, or essential oils (lavender, sandalwood, or eucalyptus).

Mid-afternoon herbal tea (chamomile or rooibos) and a few dark chocolate squares.

Evening — Wind-Down Ritual • Take a short slow walk outside as the light softens. • Simple dinner: baked veggies, salmon, or a stir-fry. • Switch off bright lights and devices by 7 PM.

*Reflect: write or whisper one thing you're grateful
your body did for you today.*

DAY PLAN	<i>Mood</i>
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DAILY JOURNAL

YOUR THOUGHTS

GOALS	TO DO
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CONCLUSION

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As your Energy Recovery Day comes to an end, take a quiet moment to notice what feels different.

Not what you achieved — but what softened.

Perhaps your breath feels longer.

Your thoughts, slower.

Your body, just a little more your own.

That is recovery in motion — quiet, subtle, and deeply intelligent.

Your body doesn't need fixing; it needs listening.

And every small act of care you offered today — the pause, the sip, the stretch, the stillness — was a message of safety to your whole system.

As you move back into the rhythm of your life, carry one of today's moments with you — a practice, a breath, a way of being.

Let it remind you that energy doesn't come from effort; it comes from alignment.

May this day be a beginning — a soft return to balance that continues to unfold, slowly and beautifully.

Thank you

Thank you for walking this first step with me.

“I am not behind — I am returning.”

Where to from here?

From here, you can continue into Slow Bloom, where this rhythm deepens into a full 30-day nature reset — helping you rebuild calm and vitality in alignment with the earth's pace.

You've remembered the beginning. Now, let's help you keep blooming.

Slow Bloom is the next step — a 30-day nature reset designed to help you sustain this rhythm with simple, science-backed rituals for real renewal.

Inside, you'll find:

- 🌱 30 gentle daily practices for energy, calm, and emotional clarity
- 🧬 Evidence-informed guidance on nervous system, microbiome & circadian rhythm
- 🌸 Reflection pages & nature-based nourishment ideas
- 🌿 A slow, sensory rhythm that restores balance without overwhelm

No pressure. No perfection. Just a gentle return — one breath, one sunrise, one small ritual at a time.



*The Grounded Lab
— where science
meets stillness*



A 30-Day Nature Reset for Energy,
Ease & Emotional Renewal

NEED MORE INSIGHT & SUPPORT?

THE SLOW BLOOM

Your Exclusive Offer

As a thank-you for completing the Energy Reset, you can begin your Slow Bloom journey today for a special price — **only \$47** (usually \$97).

It's a small investment in something that keeps growing: your steadiness, your energy, your ease.

A 30-day nature reset for energy, ease, and emotional renewal.

A Final Thought

Healing isn't about effort.

It's about returning to what already knows how to thrive.

Begin Your Slow Bloom



A 30-Day Nature Reset for Energy,
Ease & Emotional Renewal