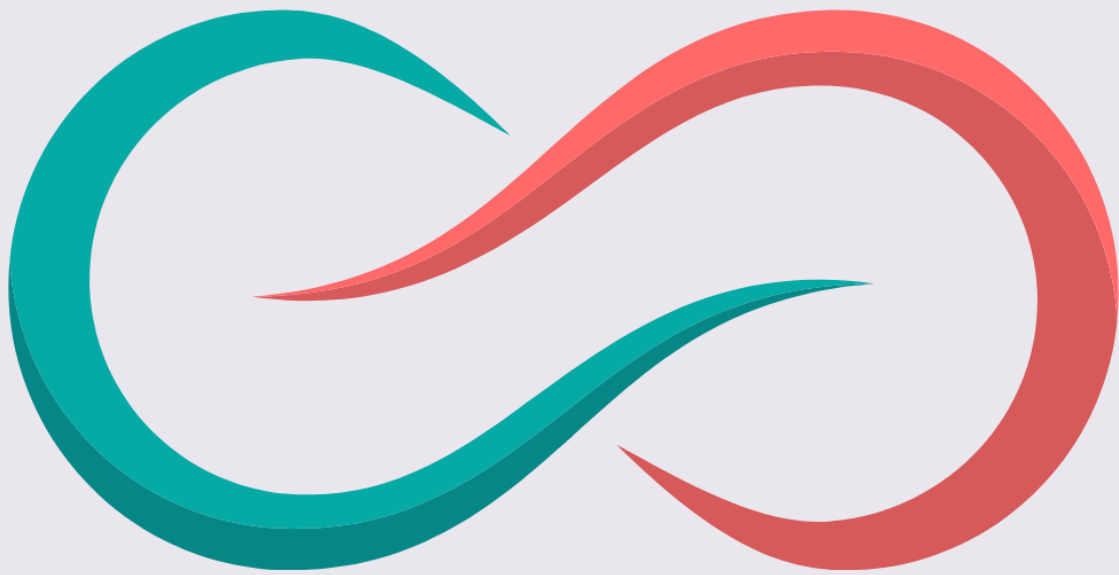


Vitality Playbook



All your Vitality Codes in One Place

A companion to The STOP Method

Dr Maud Meates-Dennis

Self-Love Vitality Codes

Intention

- Choose a guiding focus, not a fixed goal. Your intention is your compass: ask yourself, *Is this self-love?*
- Start with “I choose” statements to reduce resistance (e.g., “I choose self-love”).
- Repeat your affirmation daily — over time it may naturally evolve into an “I am” statement.

This is a vitality code: each moment of conscious intention reinforces your nervous system’s sense of safety and alignment.

Trusting Your Body

Reconnect with intuition through body signals — lightness or expansion for “yes,” tightness or contraction for “no.” Listening to these subtle cues is a self-love vitality code.

Practices:

- Coherent Breathing: 5-count inhale, 5-count exhale for calm and clarity.
- Yes/No Sensations: Speak truths and falsehoods, notice body responses.
- Sway Test: Let subtle forward/back sway indicate yes/no.

Self-Compassion

Treat yourself like your best friend — especially after mistakes. Your cells respond to your words, so choose kind, supportive language.

- Notice negative self-talk → Reframe gently → Repeat compassionate phrases (e.g., “I’m learning, and that’s okay”).

This is a vitality code that fosters resilience, lowers stress, and helps your nervous system recover from tension.

Mindfulness

Pay attention to the present moment without judgment. Mindfulness is a self-love vitality code: it strengthens clarity, acceptance, and curiosity.

Ways to Practice:

- Mindful breathing, observation, eating, or movement
- Turn routines into intentional rituals
- Mindful pauses, listening, body scans, or gratitude moments

Even a few minutes a day recalibrate your nervous system and reinforce that you are present and valued

Bring More Joy into Your Life

Seek “joy snacks” — small, everyday moments of delight. Joy is a vitality code: it activates your reward pathways, counterbalances stress, and supports your overall energy.

Examples:

- gratitude
- awe
- helping others
- music
- creativity
- animals
- self-care rituals
- nature, rest
- connection

Pausing to savour joy helps you feel balanced, present, and more alive each day.

Yes / No /Bye Mantra

Yes:

Do more of what lights you up—reconnect with passions, revisit childhood interests and try new things

No:

Respect your boundaries. “No” can be a complete sentence. Practice in small ways and let others say “no” without guilt.

Bye:

Let go of people, things, and digital noise that drain your energy. Protect your inner state and create space for what nourishes you.

Each part of this mantra is a vitality code: it signals to your system that your energy, time, and needs matter.

Tweak Your Lifestyle Vitality Codes

Attitude

Your thoughts shape stress chemistry, motivation, and how safe or threatened your nervous system feels.

2% Tweaks

- Replace one negative thought about aging with a supportive one
- Seek stories of women thriving at 50+

Connect to Calm (Stress Management)

Moments of presence and safety allow your body to shift out of stress mode and into repair mode.

2% Tweaks

- Take one slow breath before reacting
- Notice and release physical tension once a day

Take Action:

Movement

Movement tells your body to stay capable.

SPAR framework:

- Strength – muscle and resilience
- Pulse Up – heart and energy
- Agility – mobility and balance
- Reach/Stretch – release and posture

2% Tweaks

- Add 5 minutes extra movement into your day— a walk, stretch, or short strength set.
- Add a little more movement to your daily household chores, like dancing while doing the dishes
- Stand up regularly and stretch if you sit for long periods

Nutrition

Food is biological instruction.

HEALTHY framework:

- H – Hara Hachi Bu: Eat until 80% full
- E – Earth Foods: Whole, minimally processed.
- A – Antioxidants: Colourful plant foods daily.
- L – Less Sugar: Swap added sugars for fruit, nuts, or whole foods.
- T – Tummy-Loving Foods: Fermented, fibre-rich foods.
- H – Healthy Fats: Olive oil, nuts, seeds, omega-3s.
- Y – Youthful Foods: Foods consistently linked to longevity – greens, beans, mushrooms, berries, seeds and nuts.

Optimise Your Hormones: Let Each Meal Work for You

Meals send signals that affect inflammation, metabolism, and appetite hormones.

2% Tweaks

- Pick one meal to adjust – smaller portions, more vegetables, or a healthy swap.
- Don't eat carbs alone – pair them with fibre, protein, or healthy fats.
- Move a little after meals – your muscles help clear sugar from the bloodstream.

Sleep – SLEEP framework:

Sleep is when repair systems work best.

- S – Signal Safety: Create a calm pre-sleep environment.
- L – Light: Get morning sun, dim evening lighting.
- E – Energy Balance: Align activity and meals for recovery.
- E – Environment: Keep a cool, dark, quiet bedroom.
- P – Preparation: Consistent wind-down routine.

2% Tweaks

- Add one small ritual before bed – slow breathing, gentle stretching, or reading.
- Limit devices before bed.

Vitality Enhancers – The F's:

These keep your system adaptable and engaged.

- Fresh Air: Spend time outdoors daily.
- Friendship: Connect meaningfully with others.
- Fresh Ideas & Learning: Challenge your mind, try new things.
- Good Fright / Hormesis: Small, controlled stressors (cold shower, new activity) for resilience.

2% Tweaks

- Spend the first 10 minutes of the day outside.
- Turn the shower to cold at the end, if only for seconds initially.
- Find a reason for social interaction daily.
- Do a puzzle or learn a new TikTok dance trend.

Open Possibilities Vitality Codes

Energy Awareness & Management

Your state of energy shapes how you show up in life, how your nervous system responds, and even how your biology functions.

- Be present in the moment; focus fully on what you're doing.
- Align thoughts, words, and actions — coherence matters.
- Use your body: posture, movement, or shaking to release tension.
- Reframe limiting beliefs — notice and replace them with empowering alternatives.
- Practice everyday kindness — it shifts energy for you and others.

Tip: Keep a mental or physical log of energy highs and lows to spot patterns and guide choices.

Neuroplasticity Tools

Your brain is flexible. Tiny, repeated actions reshape neural pathways, helping you notice new opportunities and act with confidence.

PRIMED — Rules of Mind

- Pictures: The brain responds to images.
- Repetition: What is repeated is reinforced.
- Intensity: Emotion magnifies impact.
- Focus: Attention shapes reality.
- Expect: Expectation directs outcomes.
- Do something: Actions provide evidence.

CREATE-R (Practical Application)

- Compose: Write your story or create your vision as a movie in your mind.
- Read: Go over it internally.
- Express: Say it out loud to engage multiple senses.
- Attune: Feel the emotions associated with the story.
- Take Action: Do something aligned with your story.
- Expect: Maintain expectation that your actions will manifest results.
- Reinforce: Repeat consistently to solidify change.

Tip: Focus on tiny, repeated actions—neuroplasticity grows through small, consistent changes.

Quantum Leaps: BEACON

These actions help you expand identity and possibility. They are invitations, not obligations.

- Be Still: Embrace silence, stillness, and surrender. Practice Niksen – doing nothing in purpose – Daily
- Elevated Emotion: Add an elevated emotion – gratitude, joy, awe – to your intention. Gratitude is probably the easiest to access.
- Anchor release – forgiveness lets you move forward. Ho'oponopono: *I'm sorry, Please forgive me, Thank you, I love you*
- Childlike States: Play, curiosity, and wonder open possibilities.
- Open Windows: Foster thing in the morning, last thing at night, or other high receptivity times are ideal for transformational practices.
- New Identity: Be clear about your desired self; start acting like her now.

Tip: Stay curious. Notice “aha” moments and follow them, even in small ways.

Breathwork

Breath is the quickest way to shift your state, calm your nervous system, and open space for new possibilities.

- Awareness first: Simply notice your breath, how it flows, and how it connects body and mind.
- Simple tools to regulate: Coherent breathing, the long exhale, or physiological sighs.
- Guided sequences: When possible, follow structured breathwork to support release, integration, and clarity.

Tip: Even one minute of intentional breath can reset stress and energy, and open your nervous system to new possibilities.

Purpose Vitality Codes

PURPOSE Formula

Your daily actions can be guided by a clear sense of purpose. Each letter below is a reflection prompt — even a minute spent on one step is a vitality code for clarity and alignment:

P — Pulse: Notice who you are at your core, beneath the roles, masks, and adaptations. What feels natural, effortless, and true?

U — Unique: Recognise your strengths, talents, recurring interests, and “joy snacks.” What energises you effortlessly?

R — Reminisce: Look back to moments of joy, excitement, or flow. What do they reveal about your gifts and your true self?

P — Principles: Think about what matters most to you, what you would protect or stand for, no matter what. These are your core principles — the values that shape who you are and guide how you live.

O — Others: Observe feedback, compliments, and repeated requests from trusted people. What do they notice in you?

S — Satisfaction: Track what leaves you fulfilled, proud, or energised. Which activities feel “right”?

E — Effortless: Notice what comes naturally, where you lose track of time, or where others admire your contributions.

Tip: Use the mantra or journal prompts from each step anytime you want clarity. Every reflection is a reminder to yourself — your inner guidance matters. It matters because each time you pause and notice, you strengthen your trust in yourself, quiet the inner critic, and give your nervous system the message that you are worth listening to.

Contraction to Expansion (C to E)

When you feel small, rushed, or stressed, your nervous system is in contraction. These pairs offer simple shifts you can practice daily:

Don't Copy → Express: Let your thoughts and feelings emerge naturally. Notice when you edit yourself, and allow authentic expression.

Don't Compare → Edify: Appreciate others without shrinking yourself. Inspiration doesn't require judgment or scarcity.

Don't Compete → Empower: Support and lift others without fear of loss. Expanding others expands you.

Don't Criticise → Empathise: Shift from armour to connection. Criticism consumes; empathy frees energy and awareness.

Tip: Pick one pair each day. Notice which is your default and which shift opens space. Even a small, conscious choice here is a vitality code — it sends your system a signal of ease and presence.

LBD — Living Your Purpose

Bring your purpose into daily life with simple, small acts — each one a vitality code that reinforces alignment, energy, and clarity:

Love Yourself: Centre yourself in self-acceptance. Honour your needs, preferences, and limits.

Be the Change: Don't wait for the world; embody love, tolerance, and kindness. Let your actions ripple outward.

Defy Limitations: Question self-imposed and societal limits. Experiment, push boundaries, and follow what ignites curiosity about what's possible.

Tip: Pick one small, tangible act each day from LBD. Rest when needed, speak your truth, act from curiosity. Over time, the habit compounds.

Vitality Framework

Use these Vitality Codes as you create a blueprint for the next 90 days. The list below gives you an idea of where to find what you need.

V: Vision - CREATE-R toolkit

I: I love myself - Self Love toolkit

T: Take Time to Smell the Roses - Connect to Calm toolkit

A: Add some Movement - SPAR toolkit

L: Less Sugar, More Nutrition - HEALTHY toolkit

I: Invite an F into your day

- Forty Winks / Quality Sleep - SLEEP toolkit
- Fresh Air / Being in nature - Vitality Enrichment Toolkit
- Fresh ideas / Learning something new - Vitality Enrichment Toolkit
- Friends / Social activities - Vitality Enrichment Toolkit
- Fright / Hormesis (good stress) - Vitality Enrichment Toolkit
- Forgiveness - BEACON toolkit
- Fun / Childlike states - BEACON toolkit
- Fascination / Awe and Wonder - BEACON toolkit

T: Thank you - Gratitude for everything - BEACON toolkit

Y: You express your essence - PURPOSE toolkit