

# Welcome

## Your Body's Feedback Style: what it means and what to do next

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### What's your body trying to tell you?

Everyone's body talks - in its own way. When it comes to self care your body leaves clues to communicate how it is processing your actions. When you drink a glass of water your body will respond differently than when you drink a double espresso coffee! Learning to decipher these subtle signals can be very helpful feedback to know what *your* next self care steps are. ***What is your body trying to tell you?***

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## Not sure if your self care is working?

The broad aim of 'make-self-care-simple' blog is to help you create a go-to **menu** of personalised self care practices (lifestyle choices and routines) that **build better health and well-being for you**.

The goal of the self-care challenges is to **explore a variety of different** self-care practices, just long enough, to determine if they should become part of your regular menu.

At the end of each self care challenge you ask '*Is this self care working for me?*'

Your answer is based on your body's signals *through the lens* of your **Feedback Style**.

## What is your Feedback Style?

When I had my clinic, I had to *quickly* understand my client's body so I could provide accurate and personalised support, so developed a unique assessment process. One of the areas I looked at was the *body's communication style*; how **quickly and intensely** each client's body provided feedback. Aka your individual feedback style!

Armed with this knowledge, I knew what pattern of **signals and clues to expect and look out** for when I asked my client to try a specific self care practice. This was especially useful when a client reported '**nothing has changed**'.

'*Nothing has changed*' is an important feedback signal. It can mean your body *doesn't need* this specific self care practice or it can mean it *needs longer* or to start again and *repeat carefully*.

You will have a much clearer idea of *which answer is correct for you* when you start to understand your own Feedback Style.

**There are three simple feedback styles, simply decide which describes you *closest*.**

Notice and follow your Feedback Styles *approach* to the self care challenges and to help decipher your self care results - that is what will make this guide a game-changer.

**I hope you find this guide as helpful as I did!**

# The Over-Sharer

## Your body is chatty & quick to Respond

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### Is this you?

You know this is you because you often 'react' to foods, medications, products and your environment. **You might get called 'over sensitive'**. You might feel every little change — sometimes for better, sometimes for confusion!

It might take a long process to find medications, even natural ones, that your body doesn't react to.

*You'll thrive with consistency and a system to track what actually helps.*

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Your body may respond so fast that often you feel confused by *so many responses happening at once*. This is because **even tiny changes and differences** can set off a response. When you are out of balance it can feel like you have a 'storm' of reactions, as if your whole body is reacting.

## Self Care Challenge Approach

You can **test a new self-care** practice very quickly, **say within 1 week**. The challenge is to ensure for that week you make *no other changes*.

The **good news** is that once you start to give your body what it needs, you *see results equally fast*. You can learn to *appreciate* the near instant feedback your body gives you, moment-by-moment.

For you, a **28-day challenge** is more than enough time to know if your new self-care practice is working. Many of you will know much sooner than that!

A '**no difference**' response after a month – typically this would mean this selfcare is not something that your body needs at this time.

Sometimes a whole month would be too long to 'test', as something unexpected is bound to crop up that your body responds to!

The **biggest challenge** with the Over-Share Feedback is ensuring you are *only making one change at a time!*

In fact you may find that you have to '**repeat**' **challenges** for *short periods of time* to ensure you are only testing the *one selfcare practice*.

## Helpful Tips

Focus on **daily life tracking and planning** so you can easily see when you've added more than one new change at a time.

Create and use your own **3-day-reset** which includes foods, products and self care practices that **soothes your body's responses** whenever you *experience overwhelm*.

# The Mysterious One

Your body tends to keep its card close.

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## Is this you?

At first you seem blessed with strong health. You can get away with *bad habits* and often mention that products like coffee, sugar and alcohol, or lack of sleep, have little effect on your body. Likewise, you **rarely report having a reaction** to a medication, food or product.

You are often able to *recover fast and can keep going* and push through when you have colds and headaches. As you age, you do start to notice symptoms, but consider them *very mild*.

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Just because this body is less responsive does not mean changes are not happening. Neither symptoms nor improvements show in big ways. **This feedback style needs a self-care practice as much as anyone else.**

Your body is more **reserved with feedback** — it takes time, consistency, or more attention to notice results. *Subtle doesn't mean stuck.*

## Self Care Challenge Approach

Your **biggest challenge** is that your body takes *much longer* to signal feedback in response to your changes. So if this is you, expect to allow **2-3 months** for feedback.

**Don't compare** your responses to other people. Your body is the strong silent kind. Your *normal response is no-response*. Very gradually over time you may start to notice tiny **subtle changes**.

If this is your Feedback Style, please know that your healthy changes **are making a difference**, even if you can't see them yet. Typically, there is a 'tipping' point with these 'high resilient' types. Once this amount of self-care change is reached you will start to notice more improvements.

If after completing a challenge you notice '**No Difference**' – *repeat the challenge* again and look for very subtle signs of change.

When it comes to seeing and experiencing feedback from your *healthy living efforts*, the Mysterious One is walking the **slow path**.

## Helpful Tips

Feedback may come slowly or feel inconsistent — but that doesn't mean your self-care isn't working. You just need more **time, patience, and ways to tune in**. Subtle shifts are still progress.

Stick with a self care practice long enough to see results - I know it's frustrating!

Gentle practices like **body scanning** or **energy check-ins** can help you notice more of what's actually happening under the surface.

# The Balanced Communicator

## Your body gives a steady stream of feedback

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### Introduction

If you **don't recognise** yourself in either *The Over-Sharer* or *The Mysterious One*, you are probably **The Balanced Communicator**. This is the 'Regular' or 'Mid-range' feedback style. Not too fast, not too slow — just enough to guide your **next steps clearly**. You might find that you **lean slightly towards** either the Over-Sharer or Mysterious One. But generally you get *steady, somewhat predictable signals* from your body.

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This body style has a **good healthy response** and there is less anxiety about using new products or foods for the first time. There will be many times when your body **does not respond strongly** either way.

And it can take *longer with repeated exposure* before your body reacts negatively to a change or product. Subtle changes are likely to increase the longer you continue with any changes (good or bad)

As your body gives you a steady stream of feedback, you usually get enough signals to know if something's working. With the right rhythm, your self-care can feel natural and clear.

## Self Care Challenge Approach

For you, the Make Selfcare Simple challenges are the perfect length of time to receive feedback. It may take a few weeks for your body to respond. And your **feedback signals** are typically **mild**.

You may need to learn **how to tune in** to the more *subtle signs* your body provides.

The Balanced Communicator can respond with increased intensity if a product is not suiting their body. You will probably notice distinct improvements or changes between **2-6 weeks**.

If after the **regular 28-day challenge**, you receive '**no difference**' with your self care results, it is likely this practice is not what your body needs. The first 1-10 days may be too soon to notice improvements.

## Helpful Tips

If you lean towards **Mysterious one** focus on *noticing subtle signs* and *extend the time* slightly if you receive no difference.

If you're more **Over-Sharer**, keep track of any changes, and know what soothes your body.

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**Generally** create a **routine** that's *easy to follow* and **check in regularly** with your body's cues. The self Care challenges should be perfect length for you.

[www.makeselfcaresimple.com](http://www.makeselfcaresimple.com)

## Next Steps...

Thank you! Hope you found this Guide helpful..

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If we haven't 'met' I'm Jo Oliver the creator of 'make-selfcare-simple' blog and the self-care challenges.

You can get great self care results no matter which Feedback Style you are!

Just remember to not only *understand your style* but also *use the individual 'Approach'* to get **better**

**results** from the Self-care Challenges.

## Ready for More Support?

Do look out for my *free 'Self-Care Startup Toolkit' email series* (which includes various printables) to help get you started, step-by-step with the challenges.

This guide, my blog and all my support is based on 25 years working as a master herbalist and medical intuitive, where I supported hundreds of clients one-on-one to start their own self care practice.

The blog allows me to help those who prefer a more affordable DIY approach!

This guide is my gift to you and an introduction to my support..

**Warmest wishes**

**Jo xx**

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