

This Holistic Life

with Tracie Braylock

RELAXING THROUGH MOTHERHOOD – RELEASING THE PRESSURE AND RECEIVING GOD’S PEACE

Welcome back to This Holistic Life, the podcast where faith, science, and holistic wisdom come together to help you thrive in every season. I’m Tracie Braylock, your host and holistic nurse, and today’s episode is especially close to my heart.

We’re talking about motherhood – how deeply transformational it is, how often it calls us to our knees, and why relaxing throughout motherhood isn’t selfish – it’s sacred. If you’ve ever felt guilty for resting... if you’ve ever wondered if pausing is even possible in your role as a mother... this episode is for you.

Today, I’m sending love to those who are hoping to become a mom, missing their own mom, in a strained relationship with their mom, those navigating motherhood alone, the mother figures who are standing in gap, those loving their mom from a distance, and those who are caring for both a child and their mom. I’m holding space for us all and hope you know that wherever you are on your journey, you are deeply loved, seen, and celebrated.

The Transformation of Motherhood

Motherhood will stretch you, test you, and change you – but it will also sanctify you. It invites you to grow in ways you never expected.

Scripture reminds us that God uses all things for our good and His glory – and that includes motherhood. It is transformational, purifying, and sanctifying.

As a mother, you're constantly pouring yourself out. And in that pouring, you are called back to the Source – to God, who strengthens you, carries you, and gently restores your soul.

Motherhood reminds us just how much we need Him. And that reliance on God – that constant turning toward Him – is part of the transformation. It deepens your faith, your compassion, your patience, and your perseverance.

Relaxation Is Not Selfish - It's Sacred

I want to pause here and say this clearly: relaxation is not selfish.

In fact, when you choose to slow down, when you choose to honor your own well-being, you're not turning away from your children – you're setting an example. You're showing them that you matter too. That your body, mind, and spirit deserve care. That healing is holy.

Relaxation is a form of worship – an act of stewardship. It says, “God, I trust You enough to rest.” It says, “My worth isn't in how much I do, but in who I am in You.”

So mama, you don't need to earn your rest. You were made for rhythm – not hustle. And God meets you in both the stillness and the stretching.

Practical Ways to Relax as You Mother

Now let's talk about what this can look like in real life – because we all know motherhood doesn't leave long stretches of quiet and free time. But even in the busy, there is space for breath.

Here are a few simple, powerful ways to relax throughout your day:

Deep Breathing

- Inhale for 4 counts, hold for 4, exhale for 6.
- Do this while you're cooking, folding laundry, or sitting in the car.
- It calms your nervous system and resets your stress response.

Diffuse Essential Oils

- Lavender, chamomile, orange—gentle, calming scents
- Let your home be a healing space

Journaling

- Keep a small notebook in the kitchen, at your bedside, or in your bag
- Just jot down thoughts, prayers, or moments of gratitude

Go for a Walk

- Even 10 minutes around the block can clear your head
- Nature and movement soothe the soul

Prayer and Meditation

- Whisper prayers while you rock a baby
- Meditate on a scripture while doing dishes or waiting in the pickup line

Ask for Help and Wise Counsel

- Call a friend
- Lean on mentors or trusted women of faith
- Let someone know you need support

Practice Self-Awareness

- Check in with yourself: *How am I feeling right now?*
- Name it. Don't push it away.

Give Yourself Grace

- You will not do it all perfectly. That's never been the goal.
- Offer yourself the same compassion you give your children

Express Gratitude

- Look for small joys: a soft blanket, a child's giggle, a warm cup of tea
- Gratitude invites peace into ordinary moments

It's also beneficial to include your children when you're relaxing. Use simple breathing practices, stretches, prayers, or a few moments of stillness to begin teaching them as early as possible how to relax. It can remind them of the importance of caring for their own well-being, and demonstrate to them what it can look like to rely on God at all times.

An Encouraging Word for the Weary Mom

If you're listening right now and feeling exhausted, depleted, or maybe even a little lost in the role of 'mom' – I want you to hear this:

You are doing holy work. And that includes caring for yourself.

You don't have to earn God's love with your effort. You already have it.

So breathe deep. Pause. Rest your mind. Still your heart.

Let God fill the spaces where you feel poured out. And remember – you can mother from a place of peace. You can lead from a place of love. You can live from a place of rest and relaxation.

Final Thoughts

Thank you for joining me today. I hope this episode felt like a gentle reminder and a warm hug.

If it encouraged you, please share it with another mom who might need the same reminder. Subscribe, leave a review, and come connect with me over on Instagram [@traciebraylock](#) or visit me at [traciebraylock.com](#).

And if you're looking for even more ways to relax – especially in the middle of your everyday life – grab a copy of my new book, *Radical Relaxation: Releasing the Stress You Were Never Meant to Carry*. It's filled with gentle guidance, faith-based insights, and practical tools to help you reclaim peace, health, and wholeness.

Remember – your peace matters, your healing is sacred, and you are never alone in this journey.

Until next time, breathe deeply, trust God fully, and remember to relax often and enjoy your journey.