

This Holistic Life

with Tracie Braylock

THE POWER OF SELF-ADVOCACY – SPEAKING UP FOR YOUR HEALTH, HAPPINESS AND GROWTH

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 guide to living well, healing deeply, and embracing a life of joy and vitality. Today, we're diving into something that has the power to completely transform your well-being - self-advocacy. Learning to speak up for yourself, whether in healthcare, relationships, your career, or even your spiritual life, is one of the most valuable skills you can develop. Let's talk about what it means to advocate for yourself and how you can do it well.

What Does It Mean to Advocate for Yourself?

In the previous episode, we talked about self-advocacy, and how you can begin to feel more comfortable advocating for yourself. So, let's dive a little deeper into what it means to advocate for yourself.

Advocating for yourself means recognizing your worth, understanding your needs, and actively ensuring that those needs are met. It's about speaking up, asking questions, setting boundaries, and taking ownership of your well-being. When you become your own advocate, you step into the driver's seat of your life, making informed decisions that align with your health, happiness, and purpose.

Self-advocacy isn't just about standing up for yourself when things go wrong - it's about consistently making choices that reflect your values and well-being. And the good news? It's a skill you can build, just like a muscle. The more you practice, the stronger you become.

Advocating for Your Health

Let's start with one of the most important areas of self-advocacy—your health. I spent years in the operating room watching patients undergo life-altering procedures, and I can tell you firsthand that many of those situations could have been prevented if people had the right knowledge, asked the right questions, and had the confidence to advocate for themselves sooner.

So, how do you advocate for your health?

Communicate Effectively – Ask questions, share your concerns, and don't be afraid to seek clarity if something doesn't make sense. Your health is too important to leave to assumptions.

Listen & Take Notes – Bring a notebook or use your phone to jot down key points from doctor visits. It's easy to forget details, especially in stressful situations.

Track Your Symptoms & Medications – Keep a health journal or use an app to log how you're feeling, what medications you're taking, and any side effects you notice.

Explore Your Options – You have choices when it comes to your care. Research treatments, seek second opinions, and don't be afraid to ask about alternatives.

Be an Active Participant – Your healthcare providers are there to guide and support you, but you're the expert on your body. Speak up, ask for what you need, and make decisions as a team.

Advocating for Yourself in Other Areas of Life

Advocating for your health is just the beginning. Around here, we take a holistic approach to everything, so let's talk about how you can advocate for yourself in other areas of life too.

In Your Personal Relationships

- Communicate your desires and boundaries clearly and respectfully.
- Actively listen to others while also making sure your voice is heard.
- Understand your own needs—what makes you feel secure, valued, and respected?
- Know when to walk away from relationships that do not honor your well-being.

In Your Spiritual Life

- Take responsibility for your own spiritual growth and well-being.
- Express your beliefs and values without fear.
- Actively pursue your spiritual connection through prayer, meditation, or study.
- Surround yourself with a supportive faith-based community.

In Your Professional Life

- Speak up about your career goals and ambitions—don't downplay your aspirations.
- Be unapologetic about seeking fair compensation and respectful treatment.
- Clearly communicate your value, strengths, and contributions.
- Set boundaries around your time and energy—your work should support your life, not consume it.

For Your Mental Health

- Seek professional support when needed—therapy, coaching, or support groups can be life-changing.

- Be assertive about what you need—whether that’s alone time, emotional support, or rest.
- Take those vacation days and mental health breaks—burnout helps no one!
- Surround yourself with people who uplift and encourage you.

Practicing Self-Advocacy – Strengthening the Muscle

Like any new skill, self-advocacy takes practice. It might feel uncomfortable at first, but over time, you’ll build confidence and become your own best advocate. Start small - maybe that means asking your doctor one extra question at your next visit, setting a simple boundary in a relationship, or having an honest conversation at work.

Remember, you are worthy of being heard. Your needs, feelings, and well-being matter. And when you learn to stand up for yourself, you open the door to a healthier, happier, and more fulfilled life.

Final Thoughts

I hope today’s episode encouraged you to step into your power and start advocating for yourself in every area of life. If this resonated with you, I’d love to hear your thoughts—send me a message, share this episode with a friend, or leave a review.

And don’t forget—subscribe to This Holistic Life so you never miss an episode! You can also connect with me over on Instagram [@traciebraylock](https://www.instagram.com/traciebraylock) or visit my website traciebraylock.com for more holistic wellness resources.

Until next time - stand up for yourself, speak the truth, and always remember to relax often and enjoy the journey!