This Holistic Life

with Tracie Braylock

WHAT IT MEANS TO TAKE A HOLISTIC APPROACH TO HEALTH & LIVING

Welcome back to This Holistic Life, the podcast where faith, science, and holistic wisdom meet to help you thrive in every season. I'm Tracie Braylock, a holistic nurse and wellness guide, here to walk with you on your journey toward greater health, deeper healing, and joyful living.

Today's episode is all about the heart of what I do - and what this show is rooted in: taking a holistic approach to health and life. You may have heard the term 'holistic' used often, but what does it really mean? And how can you live this out in your everyday life? That's exactly what we're going to talk about today.

What Is a Holistic Nurse?

I've been a holistic nurse educator and member of the American Holistic Nurses
Association for over 15 years. As a holistic nurse, I focus on treating the whole person
—not just a specific illness or symptom. According to the American Holistic Nurses
Association, holistic nursing is defined as "all nursing practice that has healing the
whole person as its goal.

That means this isn't just a specialty - it's a philosophy, a way of being. It requires me to integrate spirituality, self-reflection, self-care, and personal responsibility into my life, which naturally flows into how I care for others.

You'll quickly notice that my faith and spirituality are inseparable from my work, and I'm truly grateful to be part of a nursing specialty that supports and encourages that.

Most of my time is spent focusing on wellness rather than illness. I provide tools and strategies to optimize your health, prevent disease, reduce stress, and restore your mind, body, and spirit.

What Holistic Nurses Believe & Practice

Holistic nurses believe that your mind, body, and spirit are interconnected, and that your beliefs, values, and lived experiences deeply shape your well-being. That means your care should be just as unique as you are.

We also use holistic healing modalities—natural, supportive practices that enhance healing and balance. These may include:

- Meditation
- Prayer
- Aromatherapy
- Sound healing
- Journaling
- Massage therapy
- Herbal remedies
- Art and music therapy

In my personal wellness practice, I use a variety of holistic healing modalities everyday including prayer, journaling, music therapy and aromatherapy. These practices remind me to relax, help me clear out the mental clutter, and usher in a sense of peace whenever I need it.

In my nursing practice, I create space for you to feel empowered - to understand that you are the expert on your own body and your own life. I'll stand with you, support you, teach you - but I'll never take the reins from you. My goal is to remind you just how capable you are, and to help grow your confidence in managing your health and your life.

Practicing What I Teach

Another key aspect of being a holistic nurse is self-care and self-awareness. I can't show up for you or anyone else if I'm not caring for myself first. That means I spend time reflecting, learning, resting, and living the very practices I teach. It's not always easy, but it's essential - and it's a reminder I'll pass along to you, often.

How You Can Take a Holistic Approach

So how can you take a holistic approach to your health and living? It starts with one simple but powerful truth: you are a whole person.

Begin by nurturing every part of who you are - your body, your mind, and your spirit.

Here are a few ways to start:

- Physically: Prioritize rest, movement, and nourishing foods
- Mentally: Care for your thoughts, reduce stress, and protect your peace
- Emotionally: Seek support when needed, and give yourself grace
- Spiritually: Spend time in prayer, meditate, connect with nature, or journal

As you continue, begin to incorporate holistic modalities that resonate with you—like aromatherapy during your morning routine, journaling before bed, or meditative breathwork during the day. These practices help you return to balance and encourage healing.

And as you practice caring for your whole self, your self-awareness grows. You'll better understand what helps you feel well, what drains you, and what aligns with your purpose. This awareness builds confidence—and that confidence turns into advocacy.

You'll begin to speak up for your needs, set boundaries, seek the right providers, and make empowered choices. That's what living holistically is all about.

Wrapping Up

The holistic path isn't about perfection - it's about intention. It's about showing up for yourself fully and recognizing that you're not just a body to be fixed, but a whole being to be cared for, nurtured, and celebrated.

So wherever you are in your wellness journey, I want you to know: it's never too late to begin. You can start today by tending to one part of your being—whether that's through a prayer, a walk, a glass of water, or a moment of stillness. That one choice can be the beginning of a more connected, joyful, and holistic life.

Thank you for spending this time with me. You are capable. You are worthy. And you are never alone in this journey toward healing and wholeness.

Final Thoughts

If you found today's episode helpful, I'd love for you to subscribe, leave a review, or share this with someone who's looking to live more intentionally. You can find more holistic tools, wellness tips, and faith-filled encouragement over at traciebraylock.com, or come say hello on Instagram @traciebraylock. Until next time, take a deep breath, nurture your whole self, and remember to relax often and enjoy the journey.