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FOR IMMEDIATE RELEASE:

American Holistic Nurses Association Recognizes Kristen Reed as the Holistic Nursing Rising Star

Kristen Reed, BSN, RN, of Lynnfield, Massachusetts was awarded the 2019 Holistic Nursing Rising Star Award at the AHNA 39th Annual Conference in Tulsa, Oklahoma on June 6, 2019. This award recognizes a new nurse who dedicates themselves to a holistic path, applies creative holistic practices, and epitomizes holism in their personal and professional life.

About Kristen

Kristen Reed is a Registered Nurse, with Bachelors’ degrees in both Nursing and Psychology. Kristen has an immense passion for empowering and helping others achieve optimal wellbeing by integrating sustainable holistic health and wellness practices, including nourishment with whole foods, physical activity, and stress management, as well as mental and emotional balance through mindfulness and meditation.

Being an active member of the American Holistic Nurses Association is very important to Kristen. She practices holistic care in her role as a bedside nurse in the Neurology ICU step-down unit at Brigham & Women’s hospital in Boston, where she has received several DAISY award nominations for Nursing excellence. As a Certified Reiki Master, she performs Reiki therapy on her patients and colleagues to decrease pain and anxiety and promote healing. Kristen is heading a “Reiki Resiliency” research project on her unit, as well as creating a “Wellness Day” for the nurses and staff on her unit which will include numerous holistic therapies, such as music therapy, pet therapy, guided meditation, yoga, and aromatherapy, to provide relaxation and self-care!

Kristen has been featured in multiple podcasts and health & wellness articles, and has been a guest writer for various blogs, in addition to teaching a variety of health and wellness workshops and seminars. Kristen also values giving back to her community as an active volunteer mentor for College Now and the Bobcat Mentor Network and various projects with Boston Cares. In her free time, Kristen enjoys cooking healthy recipes, being outdoors hiking and practicing yoga, learning about all things health and wellness, traveling, and spending time with her fiancé Mark, dog Reba, and friends and family in Boston and Cleveland, Ohio!

Currently, Kristen is pursuing her Board Certification as a Health and Wellness Nurse Coach through “Advancing Holistic Health” as well as her Holistic Nurse Board Certification. Furthermore, she is developing her own health and wellness business, “Nursing your Way to Wellness” offering Health and Wellness Coaching, Reiki therapy, health and wellness workshops and seminars, and much more!

Please visit Kristen’s website www.Nursingyourwaytowellness.com; reach out to Kristen by email at Kristen@Nursingyourwaytowellness.com; find her at Kristen Reed, RN, BSN on LinkedIn; Kristen Reed on Facebook; and @Kreed85 on Instagram.
About AHNA

At its founding in 1981, the American Holistic Nurses Association (AHNA) adopted as its primary mission, the advancement of holistic healthcare by increasing awareness and promoting education, as well as personal community-building among nurses, other healthcare professionals and the public. This nonprofit professional membership organization is the definitive voice for holistic nursing for registered nurses and other holistic healthcare professionals around the world. Holistic nursing focuses on integrating traditional, complementary and alternative treatment opportunities to improve the mind body and spiritual health of the whole person.

AHNA delivers valuable resources, improves educational tools, and offers superior networking opportunities to a vibrant and expanding universe of holistic healthcare professionals. AHNA currently services more than 5,500 members through 166 local chapters/networks in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

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