

# StressFreeMD

*“Teaching physicians how to live stress-free from the inside out so they can THRIVE”*



**Dr. Robyn Tiger, MD, C-IAYT, RYT-500**

**Trauma-Informed Self Care Coach**

Dr. Tiger is passionate about teaching physicians how to naturally feel calm, grounded, and centered when the world around them and within them is not. She understands firsthand the stressful path of a healthcare provider. She utilizes her unique combination of trainings in medicine, yoga therapy, and life coaching to educate physicians in stress management, burnout prevention and relief. Her teachings focus on complete physical, mental, and emotional well-being and resilience.

Dr. Tiger's innovative CME accredited program, Rx Inner Peace, was created at the request of several busy physicians seeking an accessible self-paced online self-care program. It contains the most effective evidence-based self-care methods compiled from several years of providing physician education. These life-changing methods produce a ripple effect when shared with patients, families and caretakers so that they too may become the best versions of themselves.

## List of Services:

- ◆ [Free Facebook Group](#)—The Physicians’ Self-Care Community
- ◆ [Rx Inner Peace](#): A Physician’s Guide for Self-Care (earn 25 CMEs; hybrid program includes self-paced online content and live virtual group and private coaching)
- ◆ [The StressFreeMD Podcast](#)
- ◆ Private 1:1 Virtual Self-Care Sessions, [schedule here!](#)
- ◆ Free 30-Minute Stress Relief Strategy Call, [schedule here!](#)
- ◆ Free [self-care videos](#)
- ◆ The Self-Care Shop, 6 online self-care programs each accredited for 4 CMEs

**WCMS members receive a 15% discount across all fee-based offerings, including online courses and private sessions.**

**For more information & scheduling**

visit: <https://www.stressfreemd.net/>

If you have questions, contact Dr. Tiger directly: [robtyntiger@stressfreemd.net](mailto:robtyntiger@stressfreemd.net) or 828-380-4238