

# StressFreeMD

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



**Dr. Robyn Tiger MD, DipABLM**

**she/her/hers**

**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 uniquely combines her 15 years in diagnostic radiology with certifications in Lifestyle Medicine, yoga therapy, meditation and life coaching in her innovative CME-accredited courses, private coaching, podcast and presentations, that focus on complete physical, mental, and emotional well-being and resilience. As lead faculty and subject matter expert in stress management for the American College of Lifestyle Medicine, she is currently developing the new physician board review content for emotional & mental well-being. She is deeply passionate about helping her colleagues relieve stress, elevate calm and live their happiest & healthiest best lives!

When she's not busy supporting her colleagues, Robyn can be found enjoying her own self-care through hiking, paddle boarding, meditating, yoga, playing with her dog, husband and kids in the mountains of Asheville, NC.

## **Areas of Focus:**

- Burnout prevention and relief
- Decrease stress and anxiety
- Feeling calm in the chaos
- Improve sleep and digestion
- Increase focus, concentration and memory
- Increase self-confidence and self-esteem
- Overcome imposter syndrome
- Improve interpersonal relationships
- Goal setting and achievement
- Recapture the joy in practicing medicine and life itself
- Defining and becoming the best version of you

**One-on-One and Group Coaching sessions offered virtually and in-person.**

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

**CME available for ALL offerings**

**For more information & scheduling**

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

If you have questions, contact Dr. Tiger directly:  
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