

# StressFreeMD™

Robyn Tiger MD, a double board-certified physician in Diagnostic Radiology and Lifestyle Medicine and a trauma informed mind-body expert. As founder of the wellness practice, StressFreeMD, she uniquely combines her trainings in medicine, yoga therapy, meditation & life coaching to teach other physicians a whole person approach to relieve stress while increasing both lifespan and healthspan. Her innovative coaching, courses, presentations, retreats, podcast and book focus on creating effective behavior changes in the key topics of stress relief, nutrition, exercise, sleep, social connection, and nature while cultivating physical, mental, and emotional well-being and resilience.

Dr. Tiger is the author of *Feeling Stressed is Optional*, a unique multimodal interactive book which combines engaging content, videos and worksheets for the most effective transformative experience. She serves as lead faculty and subject matter expert in stress management for the *Foundations of Lifestyle Medicine Board Review Manual*, hosts the StressFreeMD Podcast, and is a Western Carolina Medical Society Healthy Healer Partner.

She received her BS degree in Natural Science and Psychology from Muhlenberg College. She earned her MD, completed an Internal Medicine internship and Diagnostic Radiology residency at the Medical College of Pennsylvania and also completed a fellowship in Body Imaging at Thomas Jefferson University Hospital.

Her strong desire to help physicians grew out of her many years in medical practice experiencing and witnessing firsthand the need for physician self-care education. She is deeply passionate about successfully guiding physicians to become the best versions of themselves and live their healthiest, happiest, most fulfilling lives!