

# StressFreeMD

Robyn Tiger, MD, is a physician & trauma-informed self-care coach. She founded StressFreeMD, a wellness practice that provides freedom through self-care education. Dr. Tiger utilizes her unique combination of trainings in medicine, yoga therapy, meditation and life coaching to educate others 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. At the request of other healthcare professionals and the general public, she created the Self-Care Shop which houses 6 additional accredited self-care programs open to everyone.

Dr. Tiger is a Western Carolina Medical Society Healthy Healer Partner, Surge-On App Key Opinion Leader for Self-Care for Surgeons, faculty for Trauma Informed Yoga Therapy, Advisory Council member of *Yoga Therapy Today* & *yogatherapy.health*, and is an O2X Human Performance Specialist for first responders.

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 deep passion to fully help her physician colleagues and patients grew out of her many years in medical practice experiencing and witnessing firsthand the need for self-care education. Dr. Tiger's distinctive combination of qualifications makes her best suited to fill the gap in physician education and successfully guides individuals to become the best versions of themselves and live their most fulfilling lives!

[www.stressfreemd.net](http://www.stressfreemd.net)

[robtyntiger@stressfreemd.net](mailto:robtyntiger@stressfreemd.net)