



# Rx Inner Peace: A Physician's Guide for Self-Care

8 self-paced learning modules

**LOCATION** Predominantly online  
**PROGRAM FEE** \$3,000.00

[CLICK HERE TO REGISTER](#)

**This program will be available until  
December 31, 2022**

## DESCRIPTION

The Rx Inner Peace program provides physicians evidence-based stress management and self-care education with the goals of burnout prevention and relief. This program is predominantly online, self-paced and divided into 8 learning modules with most lessons less than 15 minutes in length to accommodate busy physician schedules. Lessons include informative lectures, movements to release chronic body tension and pain, relaxing guided meditations, calming breathing techniques, self-regulation tools to decrease stress and anxiety, improve sleep and life balance, and build resilience. Live virtual group and private support sessions for lesson review, Q&A, and life coaching for mindset are also included.

The National Academy of Medicine reports rising levels of physician stress (88%), depression (39%) and burnout (50%) with suicide rates 2 times the national average. Research published in JAMA reports that these issues begin at the medical student level — depression (25%) and suicidal thoughts (11%) — with only 15% of affected students seeking professional help. Understanding the importance of these statistics, the Rx Inner Peace program was created to support physicians by providing much needed and deserved self-care education to both prevent and relieve suffering as well as to improve overall well-being. **No experience is required to participate.**

### What you will learn:

- Self-regulation tools to quickly relieve stress & anxiety
- Movements to release chronic tension & pain (back, neck, shoulders, hips)
- Calming breathing techniques
- Simple methods to improve sleep
- Life coaching skills to improve your mindset
- How to improve focus & concentration
- To feel grounded through guided meditation
- How to become resilient!

### Then:

Teach your patients & improve their well-being!

### Approximate time to complete the course:

34 hours of self-paced study, unlimited weekly 1 hour group sessions and 2 one-hour 1:1 sessions

In order to receive CME credit, participants will have up to 180 days from the date of their registration to complete this course. After that date, course materials will be accessible, but credit will no longer be provided.

For additional questions, schedule your free consultation here:  
<https://go.oncehub.com/RxInnerPeace>

## FACULTY



**Robyn Tiger, MD**, is a physician & trauma-informed self-care coach. She founded StressFreeMD, a physician wellness practice, that provides freedom for physicians through self-care education. Dr. Tiger utilizes her unique combination of trainings in medicine, yoga therapy, meditation, 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.

Dr. Tiger is a Western Carolina Medical Society Healthy Healer Partner, is on the faculty for Trauma Informed Yoga Therapy, serves on the Advisory Council of Yoga Therapy Today & [yogatherapy.health](http://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 and 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 physicians grew out of her many years in medical practice experiencing and witnessing firsthand the need for physician self-care education. Dr. Tiger's distinctive combination of qualifications makes her best suited to fill the gap in physician education and successfully guide physicians 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)

## AUDIENCE

MDs & DOs only

JOINTLY PROVIDED BY

StressFreeMD



## CREDITS

### Continuing Medical Education

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of the Mountain Area Health Education Center (MAHEC) and StressFree LLC. MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this online activity for a maximum of **25.00** AMA PRA Category 1 Credit(s)<sup>™</sup>.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **25.00** contact hours.

## OBJECTIVES

- Recognize the signs and symptoms of chronic stress and anxiety and utilize specific breath, yoga and other self-regulation tools to feel calm and in control
- Locate areas of chronic body pain and tension and use specific somatic yoga techniques for relief
- Identify when the mind lacks focus and concentration and use meditation techniques and mindfulness to improve focus, concentration, critical thinking, and memory
- Recognize poor sleep habits and utilize meditation, breath, and yoga techniques to improve the quality of sleep
- Identify negative thought processes and utilize life coaching skills for mindset management and outlook improvement
- Recognize chronic stress related symptoms in patients and provide them with the self-care education and tools learned in this program to relieve their symptoms and improve well-being

## AGENDA

- **8 self-paced online modules (34 hours total), each including:\*\*\***
  - Lecture(s)
  - Guided Mudra (hand gesture) Meditation
  - Guided Morning Seated Meditation
  - Breath Technique(s)
  - Somatic Movements to relieve tension
  - Self-Regulation Tools
  - iRest® guided meditations
  - Integrative Yoga & Meditation Practice taught from both the floor and chair to accommodate everybody and provide patient self-care education tools (CME credit available for "Chair Sessions")
  - Qigong
  - Journal Assignment
- **Unlimited Weekly 1-hour virtual group self-care coaching sessions (Wednesdays @ 8:30PM EST) with replays**
- **2 private one hour 1:1 virtual self-care coaching sessions scheduled at your convenience**
- **Downloadable worksheets, handouts, & journals**
- **Video and audio files accessible anytime from your computer, tablet, or phone**

\*\*\*A maximum of 25 CME credits are available for participating in the online modules. In order to receive CME credit, participants will have up to 180 days from the date of their registration to complete this course. After that date, course materials will remain accessible with no expiration, but credit will no longer be provided.



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## TESTIMONIALS

### Rx Inner Peace Program:

"One thing I learned during 2020 was the toll that stress takes on my body. Learning the yoga and meditation practices that Robyn teaches have been invaluable. I can't imagine trying to get through the current real-world challenge without this work."

— *Melinda Rathkopf, MD*

*Allergy, Asthma & Immunology*

"The program has given me so many tools that I can incorporate into my life and has helped me to deal with the stressors in work and life in general in a calmer, healthier way. The evidence-based tools are presented in a self-paced program and the support that Robyn Tiger provides throughout is incredibly helpful."

— *Jill Halper, MD*

*Adolescent Medicine*

"I've been so pleased with the results of learning and incorporating daily meditation and somatic yoga into my self-care routine. These practices have brought more balance and ease into my life as a mother, spouse and physician and have helped improve chronic back and shoulder pain. The support and networking with other physicians in the program is an added benefit. The structure of the eight modules is flexible for the demands and uncertainties inherent in busy medical providers' schedules and is self-paced for individuals' needs. The variety of self-care tools including meditation practices, somatic yoga and qigong allows for the practitioner to experience and choose which work best for them."

— *Anonymous MD*

### Others — General:

"We experienced a truly unique relaxation session led by Dr. Tiger, MD and Certified Yoga Therapist, entitled, "Relax Rx". Throughout the session, we practiced effective breathing and relaxation techniques that generated immediate results. The group appreciated that Robyn, being a Physician herself, could offer valuable and detailed explanations about how these practices impact various physiological and psychological systems. Dr. Tiger's presentation was clearly rooted in empirical evidence and presented in a way that was accessible and well-received by this audience."

— *Western Carolina Medical Society*

"I saw a group of the most chilled, zenned out residents I had ever seen walking from the education building out to their cars at the end of didactics. They clearly really enjoyed your session and gave it rave reviews. Thank you so very much!"

— *Ginger Poulton, MD, MSEd*

## PROGRAM POLICIES

**No Guarantees:** Robyn Tiger, Stress Free, LLC, does not guarantee any specific result. It is the client's responsibility to follow through on seeking medical care and treatment by a licensed medical provider.

**Not a Medical Provider:** Robyn Tiger, Stress Free, LLC, is not a medical provider and may not provide medical advice or treatment. You should seek medical treatment, care, and follow-up with a licensed medical provider. Company requires that every adult client have a primary care physician, and that every pediatric patient have a pediatric physician.

**Intellectual Property:** Robyn Tiger, Stress Free, LLC's copyrighted and original materials will be provided to you for individual use only and a single-user license. You are not authorized to use any of Company's intellectual property for your business purposes. You are not authorized to share, copy, distribute, or otherwise disseminate any materials received from Company electronically or otherwise without the prior written consent of Company. All intellectual property, including Company's copyrighted course materials, shall remain the sole property of Company. No license to sell or distribute Company's materials is granted or implied.



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8 self-paced learning modules

## REGISTRATION

The fee for this program is \$3,000.00. These fees include administrative costs and educational materials.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

The following cancellation policy applies to this program:

- Cancellations must be in writing (fax, email, or mail) and received within 48 hours of MAHEC processing your registration.
- Cancellation requests will result in a 100% refund only if the registrant has not yet accessed any of the course materials.
- Partial refunds are not available for online courses.

[CLICK HERE TO REGISTER](#)

## REGISTRATION FORM

Updated contact information.

NAME \_\_\_\_\_

CREDENTIALS \_\_\_\_\_

SOCIAL SECURITY # XXX-XX- \_\_\_\_\_ (last 4 digits required)

OCCUPATION \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME COUNTY \_\_\_\_\_

HOME # \_\_\_\_\_ WORK # \_\_\_\_\_

EMPLOYER \_\_\_\_\_

DEPARTMENT \_\_\_\_\_

EMPLOYER'S ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK COUNTY \_\_\_\_\_

*Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.*

Please remove my name from the MAHEC mailing list.

PROGRAM FEE  \$3,000.00

*Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.*

Check is enclosed  Credit card information provided

Visa  MasterCard  Discover Card  American Express

ACCOUNT # \_\_\_\_\_

EXP \_\_\_\_ / \_\_\_\_ CODE ON BACK OF CARD \_\_\_\_\_ (3 digits)

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Send completed registration form to: #65278  
MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803 Fax: 828-257-4768

*MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.*

### HAVE A QUESTION?

#### Contact the Program Planner

Melody Hays, BA, MA  
[melody.hays@mahec.net](mailto:melody.hays@mahec.net) or 828-257-4762

REGISTRATION INFORMATION 828-257-4475

FAX REGISTRATION 828-257-4768

ONLINE REGISTRATION [www.mahec.net/cpd](http://www.mahec.net/cpd)

EMAIL [registration@mahec.net](mailto:registration@mahec.net)

MAIL MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803