

# Dr. Rebecca Hubbard

## Turn Self-Care into Your Superpower

The global health and wellness market was valued at 4.8 billion dollars in 2022. From nutrition and exercise to beauty and tourism, our attention is pulled to all of the ways we should engage in self-care. Yet, our society is burnt out in disproportionate ways.



I believe that this disconnect occurs because we attempt to apply self-care practices without looking at the roots of our struggles. **Burnout recovery is a change in wellness behaviors, but healing from hustle culture is a change in identity.** To revolutionize the way we live and work, we have to unlearn what we have been taught about our identities being defined by productivity. I'm a licensed clinical psychologist and yoga instructor. I have been on my own wellness journey since I was a teenager as a competitive basketball player and college athlete. I use my personal experiences of success and burnout, along with my professional training in psychology and yoga to help people navigate their path to wellness. I help people unwind their hustle culture indoctrination and use self-care tools more effectively. ***That's how we turn self-care into our superpower!***

### Popular Speaking and Consulting Topics

Healing from Hustle: Breaking the Cycle of Burnout

Turn Self-Care Into Your Superpower

Athlete Transition out of Sport

Micro Self-Care in the Workplace

# Past Partners



## Testimonials

"Dr. Hubbard has facilitated wellness for our BIPOC community in the most gentle and consistent way. Our staff have acquired self care tools that have assisted tremendously with NFP & work burnout and the youth participants report feeling supported and better equipped to manage their mental health. We appreciated this partnership."

-Jacinda Bullie

"...she is thoughtful, kind and exceptional within her work with her clients and organizations she engages with. Her speciality areas within BIPOC mental health, burnout and self-care are specific strengths I have seen in her work."

-Dr. Chandan Bhagia



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