

# Temi Ayodeji

## The Stress-Reducing Artist™ & High-Stress Environment Strategist

MSc HRM, OTA, AFA, CSMC | Amazon #1 Bestselling Author

### Contact Information

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### Quick Facts About Temi

#### Specialty

Stress-Reducing Art™, Environmental Wellness, Physician Spouse Advocacy

#### Location

Prattville, Alabama (Available virtually worldwide)

#### Education

Psychology, Human Resources, Occupational Therapy, Art & Design

#### Experience

24+ years as physician spouse, 20+ years as an Occupational Therapy Assistant, Professional Artist, Certified Stress Management Coach

#### Author

"The Art of Autism: A Pictorial Guide for Parents of Children with Special Needs"

#### Unique Credentials

Living kidney donor, autism parent, creator of Reclaim Control Blueprint™

## ABOUT TEMI AYODEJI

Temi Ayodeji is The Stress-Reducing Artist™ & High-Stress Environment Strategist—the only professional combining neuroscience-backed visual art, nervous system regulation strategies, and environmental psychology specifically for physician spouses and high-stress households.

With degrees in Psychology, Human Resources, Occupational Therapy, and Art & Design, plus over 24 years of lived experience as a physician spouse and autism parent, Temi brings a rare combination of scientific expertise and personal authority to every conversation.

She's a certified stress management coach, living kidney donor (donated to her husband during COVID-19), Amazon #1 bestselling author, and creator of Stress-Reducing Art™—original artwork scientifically designed to regulate the nervous system through fractal patterns and color psychology. Her signature program, the Reclaim Control Blueprint™, has helped physician spouses transform emotional overwhelm, reclaim their identity, and create homes that finally give back to them.

As Seen On: ABC | CBS | CW | Authority Magazine

## WHAT MAKES TEMI UNIQUE

**60%**

STRESS REDUCTION IN  
MINUTES USING FRACTAL-  
BASED ART (RESEARCH-  
BACKED)

**24+**

YEARS LIVED EXPERIENCE AS  
PHYSICIAN SPOUSE  
NAVIGATING MEDICAL  
MARRIAGE

**#1**

AMAZON BESTSELLING  
AUTHOR IN SPECIAL NEEDS &  
AUTISM CATEGORY

## TOPICS TEMI CAN DISCUSS

- **Stress & Environment:** How your home keeps you stressed without you knowing it
- **The Science:** How fractal patterns reduce stress by 60% within minutes
- **Medical Marriage:** The hidden emotional cost of loving a physician
- **Emotional Invisibility:** Why high-achieving partners feel unseen in their own lives
- **Burnout:** Why it's not just in your mind—it's on your walls
- **Identity Loss:** Reclaiming "you" beyond "doctor's wife" or caregiver
- **COVID Story:** Making the kidney donation decision during a pandemic
- **Autism & Art:** How environmental design helped her son improve focus
- **Color Psychology:** The neuroscience behind healing spaces
- **Boundaries:** Setting limits without guilt when everyone needs you

## SAMPLE INTERVIEW QUESTIONS

1. What does it mean to be a "Stress-Reducing Artist"?
2. How did you discover fractal patterns reduce stress by 60%?
3. What's the biggest misconception about physician marriages?
4. Tell us about donating your kidney during COVID—what gave you the clarity to make that decision?
5. How can someone tell if their home environment is stressing them out?
6. What's the difference between decorative art and stress-reducing art?
7. Why do successful women feel invisible in their own relationships?
8. What's one simple change someone can make TODAY to reduce stress in their home?
9. How did you use environmental design to help your son with autism?
10. What is the Reclaim Control Blueprint™ and who is it for?

## PERFECT GUEST FOR SHOWS ABOUT:

- ✓ Stress management
- ✓ Work-life balance
- ✓ Women's empowerment
- ✓ Autism & special needs

- ✓ Mental health
- ✓ Environmental wellness
- ✓ Neuroscience
- ✓ Art therapy

- ✓ Medical marriages
- ✓ Caregiver burnout
- ✓ Interior design
- ✓ Physician wellness

## **Ready to Book Temi as Your Next Guest?**

**Email:** [info@TemiAyodeji.com](mailto:info@TemiAyodeji.com)

**Website:** [TemiAyodeji.com](http://TemiAyodeji.com) | [TemiFineArts.com](http://TemiFineArts.com)

Interview Format: Audio, video, or written | Typical Length: 30-60 minutes | Availability: Virtual worldwide