

Dr. Angela Downey is a Canadian family physician, author, and podcast host dedicated to helping others overcome people-pleasing, perfectionism, and burnout. With over eight years of clinical experience and a passion for honest, compassionate care, she supports patients and audiences alike in healing the patterns that keep them stuck in cycles of over-functioning and self-neglect.

She is the host of two podcasts—*The Codependent Doctor* and *Paging Dr. Mom*—where she speaks candidly about the emotional toll of caregiving, the hidden struggles of high-achieving women, and the long road back to self-trust. Her work blends personal insight with professional expertise, offering practical tools for setting boundaries, recovering from burnout, and navigating the messy middle of mental health and healing.

Dr. Downey is also the author of *Enough As I Am*, a workbook that invites readers to question the internalized shame and unrealistic standards that keep so many hustling for approval.

Her mission is simple but powerful: to help people, especially caregivers, professionals, and those raised to “be strong”, start being kinder to themselves. Drawing on her lived experience, she brings authenticity, relatability, and humour to everything she does.

Whether she’s at the bedside, behind the mic, or writing on the page, Dr. Downey is committed to helping others rewrite the stories they’ve been told about worthiness, success, and what it means to care for others without abandoning themselves.