

Patrick Marcotte Calls for a Rethink of Success Through Stillness

From Montreal, Patrick Marcotte is encouraging people to slow down, protect their energy, and redefine what it means to succeed.



Allentown, Pennsylvania Mar 5, 2026 ([Issuewire.com](https://www.issuewire.com)) - Patrick Marcotte, creator of *Patrick's ASMR*, is raising awareness around a growing cultural shift: the need to redefine success through stillness, intention, and emotional sustainability rather than constant output and pressure.

In a recent interview titled *"Q&A: Patrick Marcotte on Redefining Success Through Stillness,"* Marcotte reflected on how stepping away from high-stress environments and choosing a slower, more intentional path reshaped his work and sense of achievement.

"I used to think success meant how much I could handle," Marcotte shared. "Now it's about consistency, alignment, and whether what I'm building actually feels sustainable."

This message comes at a critical time. According to the World Health Organization, burnout is now classified as an occupational phenomenon, with symptoms including exhaustion, reduced performance,

and emotional detachment. A Gallup study reports that **76% of workers experience burnout at least some of the time**, while younger adults report increasing levels of anxiety tied to productivity pressure.

Marcotte believes the issue isn't effort, but pace.

"The energy you bring into your work stays in it," he explained. "If you're creating from exhaustion, people feel that. Stillness isn't avoidance. It's preparation."

Through his ASMR work, Marcotte has seen firsthand how quiet, steady routines help people regain focus and calm. Viewers regularly share that his videos help them sleep, reset after stressful days, or find moments of peace when everything feels overwhelming.

"Success doesn't have to be loud," Marcotte said. "If something you make helps one person feel grounded, that matters."

Why This Matters Now

- **77% of adults** report stress affects their physical health (American Institute of Stress).
- Chronic stress has been shown to reduce decision-making ability by up to **30%** (Stanford University research).
- Studies show intentional quiet practices can lower cortisol and support mental clarity in as little as **5–10 minutes per day**.

Marcotte's advocacy is not about slowing ambition, but refining it.

"Start with how you want to feel, not what you want to prove," he advised. "That changes everything."

A Call to Action: Redefine Success for Yourself

Rather than encouraging people to follow a program or platform, Marcotte's call to action is personal and simple:

- Choose one daily moment of stillness, even if it's brief.
- Protect time for focus and rest without guilt.
- Measure success by alignment and consistency, not constant output.
- Build slowly, with intention.

"You don't need to be everywhere," Marcotte said. "You just need to build something that feels real and sustainable."

About Patrick's ASMR

Patrick Marcotte is the creator of *Patrick's ASMR*, a YouTube channel launched in January 2023 that focuses on calm, intention, and emotional grounding through soft-spoken audio and sound. Based in Montreal, Quebec, Marcotte creates content designed to help people rest, reset, and reconnect with themselves. His work emphasizes consistency, authenticity, and the value of stillness in a fast-moving world.

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