

TL;DR

HR Leaders TL;DR:

Coping with Anxiety, Burnout & AI Stress

Webinar with Dr. Kimberly Byrd

Top 5 Takeaways

1 AI Is Fueling Job Anxiety

- Employees are overwhelmed — AI fears are piling onto existing stress.

2 Layoffs Shake Everyone

- 76% of employees fear being laid off, even if they're safe for now.

3 Burnout Is the New Baseline

- By May 2025, 60% of employees are already burned out.

4 Guide Employees Toward Reality

- Teach people to spot the difference between real concerns and spiraling fears.

5 Executives Are Feeling It Too

- 75% of leaders believe AI will drastically reshape their business soon.

QUICK ACTIONS

- Prioritize emotional wellbeing as much as performance
- Communicate early and clearly.
- Create space for cross-generational dialogue.

