

TL;DR

Employees TL;DR: Coping with Anxiety, Burnout & AI Stress Webinar with Dr. Kimberly Byrd

Top 5 Takeaways

1 It's OK to Worry About AI

- Most people are asking, "Will I be replaced?" — you're not alone.

2 Layoff Anxiety Is Contagious

- Even if you're not impacted, the fear spreads and sticks.

3 Burnout Is Real — and Rising

- Over half of employees feel drained already this year.

4 Focus on What's Real

- Don't let rumors or "what ifs" control your day-to-day.

5 We're All Adapting Differently

- Everyone processes AI and change in their own way — give each other grace.

QUICK ACTIONS

- Use breathing or breaks to reset.
- Ask for clarity instead of assuming the worst.
- Support your coworkers through the transition.

