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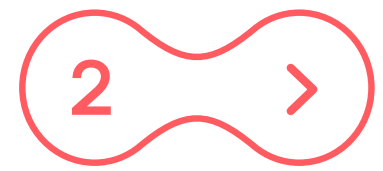
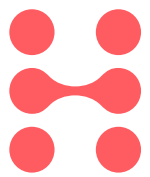


# AI is changing more than your workflow.

Why it can affect focus and stress, and what helps.





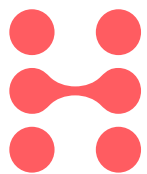


# It's normal to feel a bit unsure about all this.

New tools. New expectations. Quiet questions about what your job will look like in a year. That mix of curiosity and worry is more common than people say out loud.



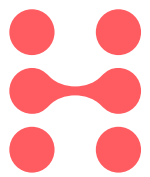




# Let it do the parts that drain you.

AI works best when you bring the judgement and let it carry the heavy lifting. Drafts you'd rewrite anyway. The first cut of a tedious task. Summaries you can edit in seconds. You stay in charge of the thinking.

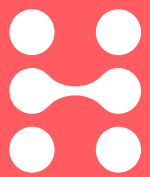




# Work worry is real worry

Worry about your role, your skills, or whether you're keeping pace isn't just a workflow problem. It's a real weight. Talking it through with someone outside the situation often helps you see what's yours to solve and what isn't.





# You're not the only one feeling it.

Contact **HealthHero** today for more support and advice.

**We're with you every step of the way.**