



Wise Up

The latest on AI for Mental Health: Brought to you by Wysa

AI, therapy, and the future of care with Lloyd Holmes

Supporting U.S patients with new collaborative care deal

Inclusive wellbeing: Valuing neurodiversity at work

Discover your inner relationship saboteur

Ask Smriti: Is it anxiety? Am I burnout? Or both?

Expanding Wysa's multilingual capabilities

User Story: How Wysa helped me rebuild after rock bottom

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Welcome

Dear Readers,

Welcome. We have exciting news and updates to share with you.

In this issue:

We're thrilled to announce our expanded language offerings, breaking down barriers to mental health support for even more people around the world.

For employers, we take a look at what it really means to support neurodiverse employees through inclusive wellbeing design. It's a thoughtful piece that challenges us to think beyond one-size-fits-all solutions.



Therapist and Wysa Coach, Nithi Sharma, unpacks what burnout is and isn't, why we keep burning out and what we can do about it.

If you struggle with self-compassion, we explore the difference between your inner critic and your inner coach in this self-reflection piece.

In other news, we're proud to share a new partnership between April Health and Pinehurst Medical Clinic - the first in the US to support patients with Wysa's AI technology as part of a Collaborative Care deal.

This issue's guest piece features personal reflections from Lloyd Holmes, Global Partnerships Manager at SwissRe on the ever-evolving landscape of workplace wellbeing.

Smriti Joshi helps you to identify if it's anxiety or burnout you're experiencing, and our quiz will reveal your inner relationship saboteur.

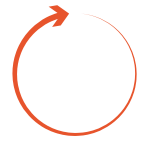
Finally, we have a moving user story from Tim in the USA, who shares how Wysa helped him rebuild after hitting rock bottom.

Dig in!

Megan

Megan Kirk, Marketing Manager, Wysa

Wise news round-up



Experts explore biological testing for mental health diagnoses

Mental health diagnoses have long relied on symptoms rather than objective tests. Some patients spend years on medications that do not help until an underlying condition is discovered, leading to better treatment and a rapid improvement in their mental health.

The American Psychiatric Association is considering the use of biomarkers, such as immune markers, genetic profiles, and brain activity, to guide diagnoses and treatment decisions. Experts say these tools could help doctors choose treatments more precisely and reduce the trial-and-error approach common in prescribing psychiatric medications.

Researchers caution that biomarkers are not yet fully validated. Costs, insurance coverage, patient privacy, and the need for more coordinated research remain significant challenges. Doctors say this marks a potential turning point, but widespread adoption is still some way off.



AI tool helps doctors prescribe antidepressants with high success rate

A new tool developed by the University of Oxford uses artificial intelligence to help doctors select the most suitable antidepressant for patients. The system combines medical data with patients' personal preferences, including tolerable side effects, to predict the best medication.

In the international PETRUSHKA trial, involving 500 adults across the UK, Brazil, and Canada, researchers found that patients whose treatment was guided by the AI tool were much more likely to continue their medication. Lead investigator Professor Andrea Cipriani said the tool increased the probability of treatment adherence by 40 percent, improving both depressive and anxiety symptoms.

Experts note this is the first clinical prediction tool shown to be effective in mental health. The team hopes to expand its use to other mental health conditions and eventually roll it out to GPs across the UK.

THE LATEST IN AI, HEALTHCARE AND MENTAL HEALTH



Survey finds ill-health is a top career threat for over-45's

Ill-health is the largest perceived career threat over economic concerns and AI for UK workers aged over 45, according to new research from AXA Health.

The survey also finds growing health anxiety among younger employees, with one in three 16–24-year-olds fearing early retirement due to health concerns.

The researchers suggest that employers should prioritise preventative and accessible health and wellbeing initiatives to protect long-term productivity in the workforce.



CVS and Google launch new AI healthcare platform

CVS Health and Google have partnered to create Health100, an AI-driven platform aimed at improving patient engagement and health outcomes.

The system combines Google Cloud's AI and interoperability tools with CVS's healthcare network and pharmacy chain to provide personalized support for all consumers.

The platform is designed to help patients manage care, access services faster, understand costs, and reduce administrative burdens, while connecting consumers to pharmacist-led care management using secure AI tools.



Self-reported Mental health ratings hit a new low

For the first time, fewer than 30% of U.S. adults rate their mental health as “excellent,” marking a sharp decline from pre-pandemic levels, according to new West Health-Gallup data.

The drop is most pronounced among Gen Z and millennials, even as younger adults are more likely than older generations to seek mental health support.

Whilst mental health ratings continue to worsen, physical health ratings remain largely the same.

Explore the full research findings at [West Health Gallup](#).

Wysa expands multilingual self-help capabilities to support more people globally



At Wysa, our mission has always been to make mental health support accessible to everyone, everywhere.

Today, that mission takes a big step forward. We've expanded our clinically validated digital mental health support to include six additional languages: French, German, Italian, Arabic, Japanese and Brazilian Portuguese – alongside English, Spanish, Hindi and Marathi.

This means organisations around the world can now offer Wysa's support in 10 major languages, helping more people access empathetic, high-quality mental health care in a way that feels familiar and inclusive.

Why multilingual mental health support matters

Language is one of the biggest barriers to accessing mental health care. When people can't explain how they feel in their first language, it becomes harder to open up, harder to stay engaged, and harder to get the right support. For global workforces, healthcare systems and communities, this often means the people who need support most are the least likely to use it.

By offering Wysa in multiple languages, we're helping organisations deliver more equitable, culturally relevant mental health support to

diverse populations across North America, Europe, Africa, Asia, South America and the Middle East.

What's now available

With this expansion, enterprise organisations can offer:

► **Wysa's Gateway**

A conversational onboarding tool that helps people find the right care pathway and streamlines referrals. Now available in French, German, Italian, Arabic, Japanese, Brazilian Portuguese, Spanish, Hindi and English.

► **Wysa's Conversational AI Care**

Evidence-based support for anxiety, depression, sleep and stress, available in all ten languages, both as a standalone app, chatbot widget and in white-labelled enterprise formats.

"Our mission is to make mental health support universally accessible. By expanding language coverage for our enterprise solutions, we're empowering organisations to break down barriers, boost engagement, and deliver measurable mental health outcomes globally."

- [Jo Aggarwal](#), Founder & CEO, [Wysa](#)

Supporting organisations around the world

Wysa now partners with more than 150 organisations globally, including national health systems, Fortune 500 employers and major insurers. With multilingual support, organisations can better serve their international teams and communities, helping more people get the mental health support they need.

Looking ahead

This expansion is another step towards building truly inclusive mental health support where language is no longer a barrier to getting help. Because everyone deserves access to mental health care, in a language they understand.



Supporting neurodiverse employees through inclusive wellbeing design



By [Sarah Baldry](#), CMO, Wysa.
As seen in [Make A Difference](#).

The changing face of the workforce is impossible to ignore. With more employees entering work with formal neurodivergent diagnoses such as autism, ADHD, dyslexia, and other cognitive differences, expectations around support are shifting. Today's employers face an opportunity and a responsibility to ensure wellbeing solutions genuinely work for every mind.

Why neuroinclusion matters

Workplaces have long celebrated diversity, yet neurodiversity remains under-recognised within many wellbeing strategies. Neurodivergent individuals bring unique perspectives, innovative problem-solving, and creative potential to teams, but frequently encounter environments and processes that compound stress and make daily tasks unnecessarily taxing. Poorly designed wellbeing programmes can widen these gaps, excluding the very people who may benefit the most.

It is [estimated](#) that 15-20% of the UK population may be neurodivergent, 85% of whom are employed. Diagnoses are rising globally, driven by increased awareness and improved pathways for recognition. For HR leaders, this means accessibility in wellbeing design is no longer a “nice to have”. It is an imperative tied to talent attraction, retention and, for larger employers, legal compliance.

Principles of inclusive wellbeing

What does inclusive wellbeing truly look like? Neuroinclusive practices go well beyond tick box adjustments. The approach must be:

- Flexible and modular, allowing employees to select supports that fit their needs, whether that is digital cognitive-behavioural therapy (CBT), peer support, coaching, or mindfulness.
- Discreet and universal, so support is available without requiring an employee to “prove” their neurodivergence, in case they prefer to keep this information private.
- Accessible by design, with features like visual scheduling, clear communication, adaptive interfaces, and content breakdown into manageable steps.

Once inclusive principles are in place, the next step is to explore how technology can bring them to life. Unlocking strengths through assistive technology Modern assistive technology offers practical solutions for neurodivergent employees, particularly for those grappling with executive functioning. Digital tools such as task management apps, mind mapping software, and inclusive wellbeing platforms like Wysa help users plan, organise, and manage workload in a way that suits neurodiverse thinking styles.

These technologies do not just support task completion, they can build autonomy, confidence and emotional resilience. For example, breaking goals into smaller, achievable steps, providing reminders and allowing customisation of notification frequency can reduce overwhelm and foster a sense of control.

Technology can also support neurodivergence across other areas of HR. For example, Tribepad's AI-enabled applicant tracking software provides neurodivergent candidates with an accessibility-first, mobile-friendly interface and a self-service portal where users can manage applications, set alerts and control communications at their own pace. Its anonymised application process helps reduce unconscious bias, while configurable, skills-based assessments ensure fairer evaluation focused on ability. Improved contrast and adaptive inputs further remove barriers, making it easier for neurodiverse applicants to participate equitably.

Digital mental health platforms, including Wysa, offer neurodiverse-friendly interventions by providing evidence-based self help resources such as CBT exercises, mood tracking, and mindfulness activities tailored to individual needs. Wysa's approach to wellbeing (modular, anonymous, and adaptive) enables neurodivergent users to engage with relevant self-help tools and conversational AI-guided support at their own pace, without judgement and with full privacy.

Any digital platform provided to employees should allow users to break instructions down into steps, provide immediate feedback and allow users control over their own journey. This is especially valued by neurodiverse populations.

Building neuroinclusive culture: HR's role

True neuroinclusion requires strategic commitment at every stage of the employee journey. For HR leaders, actionable steps include:

- Look for recruitment tools and onboarding practices that remove cognitive barriers and provide multiple ways to access information and apply for roles.
- Training managers to understand neurodiversity and confidently deliver reasonable adjustments.
- Creating policies that openly support neurodiversity and wellbeing for all staff, not just those who declare a diagnosis.
- Ensuring communication channels are accessible, using written summaries, video and audio options, and clear signposting.



Employers can further support neurodivergent staff by sponsoring diagnostic assessments and providing access to specialists and occupational health professionals. This will help employees better understand their needs and seek appropriate adjustments, while demonstrating a genuine commitment to support.

Fostering open conversation and psychological safety

Psychological safety is foundational to inclusion. Employees must feel comfortable discussing neurodivergent experiences and wellbeing needs, knowing this will be met with support, not stigma. Open conversations, awareness training and visible senior leadership advocacy are essential for building trust.

Importantly, neuroinclusive wellbeing programmes should offer support universally, so that individuals who prefer not to disclose their neurodivergence can still access resources discreetly.

Thriving through diversity

Supporting neurodiverse employees is not simply an HR compliance issue. It is a chance to unlock distinctive talents and drive innovation. Organisations that design for difference, embedding assistive technology, and digital wellbeing tools signal that every mind counts. Inclusive wellbeing solutions build workplaces where neurodiverse individuals are not just accommodated, but empowered.

As expectations of support evolve, the mandate is clear: flexible, accessible, and adaptive wellbeing design is now a strategic advantage. By evolving policies, investing in technology, and nurturing a culture of openness, HR can lead the way in making work work for everyone.

Inner coach vs. inner critic

Ever snapped at yourself in frustration? Work stress, parenting pressure, and general life admin demand a lot, but sometimes our harshest criticism comes from within. Here's how to shift that internal dialogue from criticism to compassion.

Inner critic:

Nags, blames, and shames. **Sounds like:** "Seriously? You call that a good job? What a failure."

Inner coach:

Encourages, guides, and supports. **Sounds like:** "That was tough. Take a breath. Let's try again."

Your inner critic thinks it's motivating you, but it can leave you feeling overwhelmed and defeated with low self-esteem. Your inner coach helps you to grow through honest reflection.

Try this exercise

Think of a mistake you made recently. Maybe you forgot an appointment, lost your temper with someone, or dropped the ball at work.

1. What did your inner critic say?
2. Now what would you say to a friend who is beating themselves up for making that same mistake?
3. The way you might talk to a friend is the same way your inner coach might respond.

Why how you speak to yourself matters

Your inner coach is kind, compassionate, and forgiving. It helps to:

- Boost resilience in stressful times
- Decrease shame and self-judgment
- Make it easier to recover from setbacks

Self-compassion is hard

You don't have to silence the critic. Just invite the coach to speak up, too. Every time you choose compassion over criticism, you strengthen a healthier internal voice.

Top tip to take away: Try ending your day with this question "What would I tell a friend who had the kind of day I just had?" You might be surprised how kind you can be, and how far that kindness can carry you.



“Life doesn't get easier or more forgiving, we get stronger and more resilient.”

- Steve Maraboli

The myth of constant productivity: Why we keep burning out



Burnout isn't rare anymore, it's actually very common. Recent [global workplace surveys](#) suggest 40–50% of professionals report feeling burnt out regularly. Most of them are capable, engaged, and doing what is expected of them.

So why does exhaustion feel so widespread?

What burnout actually is (and isn't)

Burnout is often mistaken for:

- Poor resilience
- Low motivation
- Weak stress management

Clinically, burnout is different. The [World Health Organization](#) defines it as the result of chronic workplace stress that hasn't been successfully managed.

Burnout isn't about caring too little — it's about caring for too long.

The productivity belief we don't question

Many of us operate with an unspoken rule that being busy means being valuable, and rest is something to earn.

Over time, productivity becomes tied to self-worth.

When this happens, you might experience:

- Guilt when resting
- Anxiety when energy dips
- Feeling “behind” despite doing well

What happens in the nervous system

Humans aren't built for constant output.

When rest and recovery is delayed for too long:

- Focus drops
- Emotional regulation weakens
- Motivation declines

As a result, we might end up judging ourselves as being lazy or disinterested in work, when in reality, it's our nervous system conserving energy. It is a protective mechanism, not a personal failure.

Burnout isn't a personal failure.

Why time off often doesn't help

Many people take breaks and still feel tired. Why?

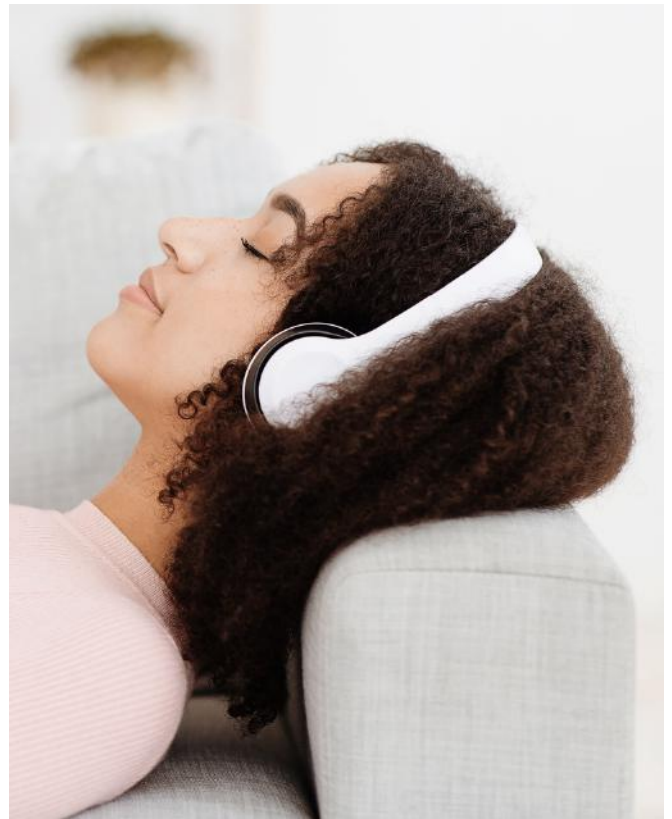
- Rest mixed with guilt doesn't restore
- Rest treated as a reward doesn't regulate
- If worth depends on output, the system never fully 'switches off'

What actually reduces burnout

Clinically and research-wise, burnout reduces when people experience:

1. Separation of self-worth from output
2. Respect for energy, not just hours worked
3. Acceptance that capacity fluctuates
4. Permission to rest without justification

Organisations that support this often see better engagement and retention, not less performance.



What people find helpful in recovery from burnout

People who start feeling better often report:

- Reducing self-pressure before reducing workload
- Setting clearer availability boundaries
- Letting go of constant optimisation
- Seeking support earlier

Burnout eases when pressure becomes more realistic. It isn't a personal failure. It's a predictable response to prolonged demand without recovery.

The real shift isn't doing less, it's working in a way that doesn't require exhaustion in order for you to feel valuable.



By [Nithi Sharma](#).

Registered Clinical Psychologist and Therapist, [Wysa](#).

Primary care patients get always-on mental health support for the first time through Collaborative Care deal

Pinehurst Medical Clinic (PMC) has announced a major expansion of its mental health services through a new partnership with April Health, a Wysa company and leader in specialized psychiatric support.

The collaboration introduces a fully integrated Collaborative Mental Health Care Model across PMC's primary care practices, helping the clinic respond to growing demand for accessible, coordinated and evidence-based behavioral health care.

Serving nearly 60,000 primary care patients each year across seven locations, PMC delivers more than 230,000 appointments annually. In recent years, its clinicians have seen a sharp rise in patients seeking support for anxiety, depression, chronic stress and mental health challenges linked to physical conditions such as ongoing pain, hormonal changes, cardiometabolic disease and sleep disorders. The new service is now being rolled out across Internal Medicine and Family Medicine teams, involving more than 70 primary care providers.

A team-based approach to whole-person care

Through the partnership, PMC will strengthen and scale its existing team-based approach to mental health care, enabling providers to reach more patients, more quickly. Primary care patients will continue to receive coordinated behavioral health support, now enhanced by access to April Health's psychiatrists and behavioral health care managers when additional specialist input is needed.

The model is built on proactive communication and shared clinical decision-making, ensuring that physical and mental health needs are addressed together. By integrating psychiatric expertise directly into primary care, PMC aims to reduce wait times, improve continuity of care and make it easier for patients to access the right support at the right time.

In addition to in-person and virtual clinical services, patients will also benefit from the Wysa app – a HIPAA-compliant digital mental health platform overseen by their care manager. The app provides CBT-based exercises, emotional support tools and skill-building activities that help patients manage stress, practise coping strategies and build resilience between appointments. This blend of human care and digital support means help is available whenever and wherever patients need it.

Setting a new standard for integrated behavioral healthcare

April Health brings its evidence-based Collaborative Care Model to the partnership, combining psychiatrists, therapists and behavioral health care managers with Wysa's clinically validated digital platform.

For PMC, the partnership reflects a continued commitment to making mental health care a core part of whole-person health. By bringing together primary care, behavioral health specialists, psychiatric expertise and always-available digital support, the clinic is working to ensure people across the Sandhills region of North Carolina can access high-quality mental health care within a trusted local healthcare system.



“As a primary care physician, I recognize the need for expanded access to mental health care in our community.”

“Our partnership with April Health allows our primary care providers to collaborate with behavioral health care managers and consult with a psychiatrist when indicated, so we can better support our patients. We’re excited to expand the mental health services we offer to meet all the healthcare needs of our community.”

- Dr. Jennifer Szurgot, Primary Care Physician and current Physician President of PMC.

“Our community’s access to mental health support is of utmost importance, and this partnership allows us to grow related resources and access to vital care.”

“By integrating April Health’s psychiatric expertise, behavioral health care managers and digital tools with our longstanding primary care services, we’re offering a more robust, accessible and coordinated mental health care program than ever before.”

- Brandon Enfinger, CEO of Pinehurst Medical Clinic.



“Primary care teams are carrying an extraordinary share of the mental health burden.”

“By combining April Health’s Collaborative Care Model with engaging CBT tools on the Wysa app, selected for each patient by our care team and overseen by our psychiatrists, PMC is delivering a level of accessibility, quality and continuity that sets a new standard for integrated behavioral healthcare.”

- Jesse Weinburg, Founder of April Health.



The future of mental healthcare is AI-human hybridity

By [Lloyd Holmes](#),

Global L&H Partnerships Manager, [SwissRe](#).

Starting with my story

It was late at night when I couldn't settle my mind. I went downstairs, grabbed my work phone, and opened Wysa. Not for work this time, but because I needed somewhere to put my thoughts.

When I first joined Swiss Re to work with Wysa, I approached the app analytically. I tested scenarios, reviewed resources, and focused on commercials and product strategy. I was curious but skeptical. That night changed everything.

Talking to an AI felt surprisingly easy. No pressure to explain myself perfectly. No fear of saying the wrong thing. I typed what came to mind, and the chatbot guided me through my feelings, showing me grounding techniques.

What stayed with me wasn't the conversation, it was what it unlocked.

Over time, I found myself using simple tools: breathing exercises, grounding techniques, short reflections. Small interventions at the right moments, when I would normally have done nothing at all. It became a routine. Not a daily routine, but whenever I felt low or anxious, I'd turn to the penguin for guidance. Then something shifted.

I remember thinking: If I can say this here, I can probably say it to a therapist.

And when I did, it was different than I expected. I didn't start from scratch. I wasn't searching for words. I already had a sense of what was going on and what I wanted to say. The fear I would have previously felt was gone.

Now, I use both. I see a therapist who gives me depth, human perspective, and challenge. I use Wysa to check in between sessions when life happens, not just when appointments are scheduled. They're not competing, they're supporting each other.

The first conversation isn't always human.

The mental health infrastructure problem

My experience reflects a broader truth: the global mental health system faces a fundamental mismatch between exponential demand and linear clinical capacity growth. With one in seven people living with mental health difficulties, this gap represents a growing crisis that cannot be closed through human capacity alone.

The future of mental healthcare is hybrid, with AI operating as the preventative and connective layer. Rather than replacing clinicians, AI provides the critical infrastructure that allows them to focus where human expertise is indispensable.

Why the first step matters

Traditionally, the entry point to mental health support is human-to-human, which often creates what researchers call a "stigma tax", a barrier of fear regarding social evaluation. Research from Stanford and UCL consistently demonstrates that anonymity lowers the barrier to help-seeking.

For many, the safest place to start is a non-judgmental AI that removes the fear of negative judgment. This allows for earlier intervention, capturing distress signals long before they escalate into crises.

What I learned personally is that asking for help doesn't always begin with another human being. Sometimes it begins in a quieter place, one that helps you find the words before you're ready to speak them out loud.

Not all AI is created equal

As general-purpose AI systems like ChatGPT accelerate, a critical distinction emerges: open-ended intelligence versus clinically purposed intelligence. General-purpose tools aren't designed to assess emotional risk or maintain the conversational boundaries required for mental health support.

For mental healthcare to work at scale, AI must be purpose-built with therapeutic intent and continuous clinical oversight. It's the difference between a chatbot that can discuss anything and one designed specifically to support mental wellbeing with proper safeguards.

The question is no longer whether AI will play a role in mental health, but what kind of AI, with what safeguards, and embedded where in the care pathway.

A personal conclusion

I still focus on the commercial and product side of Wysa in my day job, but combining this with real-world use has helped me see the app through a user's eyes. One therapist with a PhD, one penguin with algorithms. Together? Surprisingly effective. General-purpose AI will undoubtedly play important roles in health education and administrative efficiency. But when it comes to mental health support itself, clinical intent, safety protocols, and therapeutic fidelity must take priority. The future isn't about AI replacing human connection, it's about creating the infrastructure that makes human connection more accessible, more timely, and more effective. Sometimes that future begins with a penguin, late at night, when you're finally ready to take the first step.

The architecture of hybrid care

The next decade of mental healthcare innovation will be defined by systems that integrate four key elements:

1. Digital-first access

AI serves as the initial point of engagement, capturing early risk signals and reducing barriers to disclosure. This allows the insurer to guide individuals toward the appropriate support level sooner, preventing sub-clinical issues from escalating into high financial and personal cost crises.

2. Clinically governed AI triage

Risk detection must be accurate, transparent, and continuously overseen by licensed clinicians. Mental health assessments won't be delegated to general conversational models without accountability or clinical guardrails.

3. Hybrid pathways as standard

Human therapists remain the cornerstone of the care model. However, they are supported by AI that prepares individuals for treatment and maintains care continuity in the 167 hours between sessions. This hybridity ensures that the care pathway is a continuous loop, rather than a series of disconnected episodes.

4. Population-level insight

AI enables a level of insight no human workforce can match. Aggregated, de-identified data means organisations can develop prevention strategies that address the health of the entire portfolio, moving beyond one-to-one support to true population health management.

Together, these elements create a care pathway that's a continuous loop rather than disconnected episodes.



What's your inner relationship saboteur?

Take the quiz

We all bring something unique to our relationships, including little habits and beliefs that may unknowingly get in the way. This quiz helps you explore your inner relationship saboteur, revealing your strengths as well as what to look out for to avoid self-sabotage in relationships so you can build stronger, healthier connections.

Q1. How do you feel about vulnerability in relationships?

- A. I want to share, but it makes me nervous.
- B. I'd rather keep things light. It's supposed to be fun.
- C. I'm open if it makes the other person feel better.
- D. I'll share once I've worked through it alone first.
- E. I wait to see how they are feeling first.

Q2. How do compliments from your partner make you feel?

- A. Happy, but I question if they really mean it.
- B. A little awkward and uncomfortable.
- C. Grateful! I usually give one right back.
- D. Nice... but I wonder if I've really earned it.
- E. Good, because I adapt myself just for them.

Q3. What's your biggest fear in love?

- A. Being left or rejected.
- B. Losing control or feeling trapped.
- C. Disappointing the other person.
- D. Messing things up or not being enough.
- E. Never being able to be myself, and therefore not being truly loved.

Q4. How do you usually handle conflict in a relationship?

- A. I go over every detail in my head, trying to fix it.
- B. I shut down or walk away to avoid the tension.
- C. I try to smooth things over, even if I'm hurt.
- D. I overexplain or over-apologize to avoid being blamed.
- E. I mirror the other person's mood and wait for cues.





Q5. Finish the phrase: My ideal partner is someone who...

- A. Reassures me often and communicates clearly.
- B. Gives me space and respects my independence.
- C. Appreciates how much I do for them.
- D. Meets my high standards and is equally committed.
- E. Loves every version of me, even when I'm still figuring things out.





Your results

- A** Mostly A's: The over-thinker
- B** Mostly B's: The avoider
- C** Mostly C's: The people pleaser
- D** Mostly D's: The perfectionist
- E** Mostly E's: The chameleon





The over thinker

-  **Summary:** You crave closeness but worry about messing things up—or getting hurt. You replay conversations, read between the lines, and sometimes spiral into what-ifs.
-  **Strengths:** Emotionally aware, thoughtful, and invested.
-  **Watch out for:** Analysis paralysis and second-guessing your worth.
-  **Tip:** When your thoughts race, ask: What's the evidence for this fear? Ground yourself in the facts, not the fear.





The avoider

-  **Summary:** You like your space and maybe even pride yourself on your independence. But when things get emotionally intense, your instinct is to pull away.
-  **Strengths:** Self-sufficient, level-headed, and calm in crises.
-  **Watch out for:** Shutting down or dismissing emotional needs, yours or your partner's.
-  **Tip:** Practice staying open in moments of discomfort. Vulnerability doesn't mean weakness, it builds connection.





The people pleaser

-  **Summary:** You'll bend over backward to make others happy, even if it means sidelining your own needs. Conflict? You'd rather avoid it completely.
-  **Strengths:** Empathetic, supportive, and loyal.
-  **Watch out for:** Resentment from unmet needs or losing touch with your identity.
-  **Tip:** Ask yourself, what do I need right now? You deserve just as much care as you give.

The perfectionist

-  **Summary:** You hold yourself and your relationships to high standards. When things aren't "just right," it can feel like failure or a sign that something's wrong.
-  **Strengths:** You're hardworking, committed, and idealistic.
-  **Watch out for:** All-or-nothing thinking, criticism, or burnout from trying to "fix" everything.
-  **Tip:** Aim for progress, not perfection. Love grows in the messy, in-between moments too.

The chameleon

-  **Summary:** You adapt easily to what others want, but sometimes lose sight of what you actually feel or need. You may find yourself molding to fit the relationship.
-  **Strengths:** Flexible, open-minded, and easy to get along with.
-  **Watch out for:** Struggling to set boundaries or build a relationship that feels truly authentic.
-  **Tip:** Check in with yourself. Ask: is this what I want, or what I think they want me to want? Your voice matters.



Is it anxiety, burnout — or both?

A.

Most of us have felt this at some point in our lives. It often starts quietly. Not as a crisis, but as a subtle shift in how we feel, think and respond to everyday life. Long before we name it as anxiety or burnout, we sense that something within us is changing.

For some, anxiety shows up as a constant sense of alertness. The mind feels busy, thoughts keep returning to worries and possibilities, and the body feels tense even during moments of rest. There is a feeling of needing to stay prepared, as if something important might go wrong if you let your guard down.

Burnout feels different. It is less about worry and more about exhaustion. You may notice that your energy feels depleted, your motivation feels distant, and your emotional connection to work or people feels thinner than it once did. Things that once mattered start to feel heavy or strangely irrelevant.

What makes this experience difficult to understand is that anxiety and burnout rarely exist in isolation. Anxiety can push people to stretch themselves further than they realise, to keep proving, performing and persisting.

Over time, this sustained effort can lead to burnout. And burnout, in turn, can bring its own form of anxiety about falling behind, disappointing others or losing control.

If you recognise parts of yourself in both descriptions, it does not mean you are weak or incapable. More often, it means you have been holding too much for too long without enough space to recover.

Sometimes the most helpful question is not what label fits best, but what has been missing from your life recently. Is it rest, support, clarity, boundaries or permission to slow down. Paying attention to these answers can be the first step toward feeling more grounded again.

Smriti Joshi, Chief of Clinical Services and Operations, Wysa.



REAL LIFE USER STORY

How Wysa helped me rebuild after hitting rock bottom

This user story mentions attempted suicide.

After a life-altering crisis in the summer of 2024, Tim, a 40-year-old hotel front desk manager from Dubuque, Iowa, USA, found himself grappling with severe anxiety, depression, and homelessness following the painful end of his engagement. Despite deep skepticism toward AI, he took a chance on Wysa at his therapist's recommendation, and it became a vital tool in his journey to healing and rebuilding his life.

Life before Wysa

"In the summer of 2024, I experienced a great deal of upheaval in my life," Tim shares. After the painful end of his engagement, stemming from his partner's infidelity and his own struggles with drinking, Tim attempted suicide twice. Following a month-long stay in a psychiatric hospital, he moved into a homeless shelter and began regular therapy shortly after. "It was clear right away to my therapist that I was dealing with serious anxiety," he says. "I was diagnosed with social anxiety and generalized anxiety disorder many years ago, and my therapist knew that a lot of work was needed. During a session, she suggested I try the Wysa app."

Skeptical beginnings

"I was exceptionally skeptical of Wysa at first," Tim admits. With two decades of experience in corporate marketing, he approached AI solutions with deep skepticism, particularly concerned about their environmental impact. "But I decided to take the plunge and put my skepticism aside and I'm glad I did."

A shift in perspective

Tim's doubts faded quickly once he started using the app. "I realized Wysa was in no way attempting to replace my therapist, but rather is a tool that I can proactively use to assist my brain health." Instead of feeling like a replacement for human support, Wysa felt like a companion, always ready to help him work through his thoughts and feelings, whenever he needed it.

How Wysa made a difference

Using Wysa helped Tim better manage his anxiety, particularly during tough moments at work and in his personal life. "It's helped me to communicate significantly, by forcing me to look at my thoughts from multiple angles. Simple exercises like gratitude lists help with my anxiety and get me through tough stretches at work."

Today, Tim uses Wysa three to four times a week, particularly during his once-weekly overnight shift. "I always use Wysa on Monday night/Tuesday morning, as I work from 11 p.m. to 7 a.m., and during that time, the solitude of my work gets to me."

Favorite features

Tim appreciates that Wysa isn't a one-size-fits-all solution. "I like that it offers multiple modalities in approaching brain health and that it doesn't use a one-size-fits-all approach." He also values the continuity the app offers: "I like the permanence, that it recalls conversations and builds upon them."

When asked about Wysa's top features, Tim shares that it's the convenience and 24x7 support that stand out. He especially appreciates the app's accessibility and professionalism. "It is readily apparent that the app was conceived, designed, and is maintained by qualified professionals: It's not some fly-by-night scheme on a wing and a prayer."

Recommendations and reflections

Tim hasn't used Wysa's SOS button himself, a feature that allows users to create a safety plan and access crisis helplines, but believes it could be life-saving if better explained. "I'm a tech-savvy guy, so I was able to suss out what it does pretty quickly, but other users might not grok it as quickly as I did." He's already recommended Wysa to both his fiancée (yes, they got back together!) and a friend. Tim believes Wysa is excellent "for anyone who needs a quick five-minute 'thinking reset' button in their toolkit."

Reflecting on how Wysa fits into his broader mental health journey, Tim says: "I've been in therapy on and off for decades, and I firmly believe that everyone can benefit from talk therapy. Wysa doesn't compare to one-to-one therapy. It's an AI-assisted app, not a therapist. But it's an excellent complement to therapy. It's useful for follow-up thought exercises, quick self-checks, and relaxation techniques. It's always available for things like that."

Final thoughts

Tim began using Wysa during one of the lowest points in his life, following a period of intense personal crisis. While he doesn't see it as a magic fix, he describes it as an important tool that has supported him alongside therapy. Wysa has helped him step back, refocus, and keep going in difficult moments.

India AI Impact Summit 2026

Wysa named Top 10

'AI For All: Global Impact Challenge' Solution

