Building Community Resilience to AI Anxiety

A Community-Based Public Health Framework for Health Equity and Human Agency

Geneva Health Forum

AI anxiety is not only an individual psychological problem — it is a community health and health-equity challenge.

THE PROBLEM

AI uncertainty → **Unequal vulnerability** → **AI anxiety**

- Employment
- Privacy
- Autonomy
- Social participation

Who is most at risk?

- Digital exclusion
- Employment insecurity
- Educational disadvantage
- Limited mental-health access

Unequal exposure
Unequal capacity to adapt
Widening health inequity

From AI Anxiety to Community Resilience

AI Literacy
Education

Reducing uncertainty about employment, privacy and autonomy; building practical understanding of AI systems.

Peer Support
Networks

Participatory mental-health promotion and citizen co-production of community programmes.

Contemplative Health

Evidence-informed mindfulness and meditation for stress reduction. Informed by contemplative traditions; implemented as a complementary health-promotion resource.

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Community Resilience

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Human Agency + Health Equity

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Healthier, More Equitable AI Adoption

The Intervention is the **Community Systeme** – not the Individual.



GOVERNANCE

Cross-sector collaboration · Shared accountability · Citizen participation in design, delivery and evaluation

Continuous assessment of equity, accessibility, community engagement and psychological well-being.

WHAT IS NEW?

01 **Reframing**
AI anxeity → population-health challenge

02 **Integration**
AI literacy + peer support + contemplative health

03 **Implementation**
Resilience embedded in existing community health systems

EVIDENCE SYNTHESIS → CONCEPTUAL INTEGRATION → IMPLEMENTATION FRAMEWORK

This study does not evaluate a stand-alone intervention: it synthesises existing evidence to propose an implementable community-health framework.

KEY FINDINGS AND IMPLICATIONS

- Population health, not individual coping
- Shaped by social determinants
- **Contemplative health** as a complement
- Collaboration makes it scalable

Build resilience before technological anxiety becomes social disengagement.

AI should strengthen human agency, social connection and health equity.

EXPLORE THE FRAMEWORK
Full paper · references · implementation model
Scan to connect