

# Emotional Burnout Conversations Surface During Oscars Week, Reflecting Broader Trend Among Women

*Industry discussions in Los Angeles mirror global data pointing to rising stress, pressure, and performance fatigue.*

LOS ANGELES , CA, UNITED STATES, April 27, 2026 /EINPresswire.com/ -- Conversations taking place during Oscars Week events in Los Angeles are shedding light on a growing issue affecting women across industries: emotional burnout.

At a recent luxury gifting suite attended by entertainment industry professionals, discussions with actors, talent agents, executives, and media figures frequently turned away from celebration and toward a shared reality — ongoing stress, pressure to perform, and the expectation to maintain a polished public image.

While these conversations emerged in a Hollywood setting, the experiences described are not unique to the entertainment industry. According to Deloitte's Women @ Work report, nearly half of working women globally report feeling burned out, pointing to a broader pattern that extends across sectors.

[Tracy Doyle](#), an author and emotional wellness advocate who attended the event, noted that many of the challenges discussed reflect deeper internal and systemic pressures.

“Many women are navigating high expectations both professionally and personally,” Doyle said. “What I heard repeatedly were conversations about overwhelm, emotional fatigue, and the pressure to hold everything together without visible struggle.”

Industry attendees also acknowledged the widespread nature of burnout within their field, with some noting an increased need for emotional support and resources for both emerging and established talent.



Naomi Grossman with Tracy Doyle

Doyle suggests that while external factors such as workload and environment play a role, beliefs shaped by early life experiences may also contribute to how burnout develops and persists.

“Burnout is often approached as a time management or workload issue,” she said. “But for many, it can also be connected to deeper patterns around identity, belonging, and self-worth.”

Doyle is the creator of the Aurora Method, a psychology-informed, mindfulness-based framework designed to help individuals break the unconscious patterns contributing to emotional burnout and relationship conflict. Her work focuses on self-awareness, emotional clarity, and personalized mindfulness practices.

A former CEO who built and led an award-winning multimillion-dollar company for over two decades, Doyle now works with women navigating burnout and relationship conflicts at home and in the workplace. She is scheduled to speak at upcoming Fearless Summits in Jacksonville, Florida (May 23), New Jersey (June 27), and Seattle (August 15), where she will address how emotional burnout fractures personal and professional relationships and how to repair them.

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*Tracy Doyle*

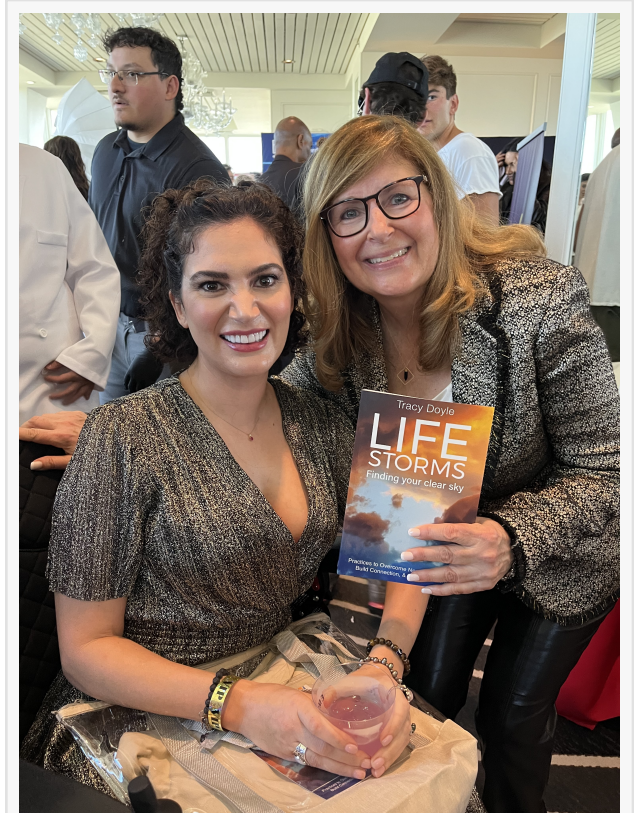
“Burnout is not always visible from the outside,” Doyle added. “But conversations like these show how widespread it has become — even in environments that are often associated with success.”

As discussions around mental health and workplace well-being continue to evolve, experts say increased awareness and open dialogue will be key to addressing the long-term

impact of burnout across industries.

About Tracy Doyle

Tracy Doyle is a resilience coach, award-winning author of [Life Storms: Finding Your Clear Sky](#), and creator of the Aurora Method. A former CEO turned emotional wellness advocate, Tracy helps women break the unconscious patterns keeping them stuck in relationship conflicts and emotional burnout and move from emotional reactivity to clarity, calm, and confidence.



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