Day 5: Learning Activity 1

Using ChatGPT as a Well-being Coach

Objective: Evaluate how well a generative AI (e.g., ChatGPT) provides personalized well-being advice, identifying its strengths and limitations in managing stress and building resilience.

Instructions:

1. Use a Generative AI tool (e.g., ChatGPT) to act as your well-being coach.[Note: If you are not comfortable sharing this information, use private mode on your browser to access ChatGPT 4o mini which does not require login]. You can ask for advice on managing stress, improving resilience, or developing a routine for mental and emotional well-being.
2. **Prompt**: You are my well-being coach. Your role is to guide me in building emotional resilience, managing stress, and maintaining a balanced life. Ask me questions one at a time to understand my needs and then based on my answers provide advice. Start with the first question.
3. **Reflect:** Analyze the AI's responses by considering:
   o How well did the AI personalize its advice to your needs?
   o How aligned were the AI's suggestions with well-being best practices?

   o What limitations did you notice in its ability to understand emotional context?