

Day 5 Summary

GenAI Well-being and Resilience

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Learning Objectives for Day 5

- Critically evaluate the benefits and limitations of Generative AI in supporting personal well-being and resilience.
- Use Generative AI tools to generate personalized well-being plans and analyze their effectiveness.
- Reflect on the ethical considerations and societal impacts of AI in relation to mental health, job displacement, and social interaction.
- Develop a critical awareness of the balance between AI-supported interventions and human-centered well-being strategies.

Day 5 focuses on the integration of Generative AI in fostering well-being and resilience, examining both its potential benefits and challenges. The module begins with a discussion on the role of AI in enhancing mental, emotional, and physical health while also recognizing the risks of job displacement, diminished social interaction, and over-reliance on AI. You'll engage with AI tools such as ChatGPT to create personalized well-being plans, explore strategies for managing stress and building emotional resilience, and reflect on how effectively AI supports well-being.

A key activity involves using AI to act as a well-being coach, where you will generate a 30-day resilience-building plan, analyze the AI's responses, and assess how well it meets your needs. You'll also reflect on the ethical implications of using AI for mental health and well-being, considering issues such as accessibility and personalization.

The module wraps up with a discussion board activity, where you'll share your AI-generated well-being plan, evaluate its strengths and limitations, and engage in peer discussions to explore broader implications of AI in supporting well-being. Through these activities, you'll deepen your understanding of how AI can be integrated into well-being strategies while maintaining a critical awareness of its limitations.