

## Day 5 Learning Activity 2

### Creating a Well-being Plan Using Generative AI

**Objective:** By the end of this activity, participants will be able to create a personalized well-being plan using Generative AI and critically evaluate its feasibility by identifying practical adjustments and assessing the relevance and specificity of the AI's recommendations.

#### Instructions:

1. Use a Generative AI tool to create a detailed well-being plan that includes strategies for mental, physical, and emotional health, as well as work-life balance.
2. Use the following **prompts** to guide the AI's plan creation:
  - "Create a comprehensive well-being plan for managing stress while balancing a high-pressure career, family obligations, and self-care practices over the next 30 days."
  - "Develop a daily schedule that prioritizes reducing burnout and includes self-care, relaxation techniques, physical activity, and emotional resilience practices."
  - "Design a personalized plan for improving mental and emotional well-being while managing long work hours, a family with young children, and limited personal time."
3. After receiving the AI-generated plan, evaluate its feasibility:
  - Are the AI's suggestions practical and actionable?
  - What adjustments would you make to fit your specific needs?
  - Are any of the AI's recommendations unrealistic or too generic?