



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

Wellness Works | July 2024

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- Book Review | Co-Intelligence: Living and Working with AI

### Overcoming AI Anxiety

Artificial intelligence (AI)'s rapid advancement has generated excitement and apprehension. As AI becomes increasingly woven into the fabric of your daily life, it's important to understand the [sources of AI anxiety](#) and find effective ways to manage it.

#### AI Anxiety is Understandable

- Do you worry about job displacement and financial instability as AI automates tasks traditionally performed by humans?
- Are you concerned about AI's ability to make fair and empathetic decisions, particularly in the healthcare, judiciary, and caregiving sectors?
- Are you uncertain how rapidly evolving AI technology will impact your personal and professional life?

#### Embrace Uncertainty

[AI's rapid development can be overwhelming](#). Instead of resisting the uncertainty, try to accept it. Give yourself time to adjust to new technologies and [gradually understand their implications](#). Understanding that your anxiety is a common response can help you process these feelings more effectively.

## Avoid Catastrophic Thinking

When faced with the unknown, it's easy to imagine worst-case scenarios. Challenge your thoughts by reflecting on past technological advancements that initially caused concern but eventually integrated into society positively. Focus on the present rather than worrying excessively about the future.

## Recognize Nuance

The debate around AI is complex. Avoid polarized thinking by acknowledging that AI has both benefits and drawbacks. Understand that it's normal for you to have mixed feelings about AI and that reality often lies somewhere between the extremes.

## Embrace Human Connection

Prioritize your human experiences and interactions. Spend time with loved ones, engage in activities that bring you joy, and appreciate the unique qualities of human connection. Balancing technology with human elements can help reduce your anxiety.

AI is here to stay. While it brings challenges, it also offers opportunities for enhancement and growth. By understanding the sources of AI anxiety and employing strategies to manage it, you can navigate this technological landscape with greater confidence and resilience.

## Wellness Works® Book Review | Co-Intelligence: Living and Working with AI

Ethan Mollick's book [Co-Intelligence: Living and Working with AI](#) offers a comprehensive guide to navigating the new age of artificial intelligence (AI). It outlines essential principles and Mollick's strategies for integrating AI effectively into individuals' and organizations' lives and work.

### Highlights

#### Key Concepts

Mollick emphasizes the transformative potential of AI, which can now perform creative and innovative tasks that were once exclusive to humans. He introduces the concept of "co-intelligence," where humans and AI work together synergistically. This partnership can augment human capabilities, leading to enhanced problem-solving and innovation. Understanding AI's "role as a co-worker, co-teacher, and coach" is crucial for leveraging its full potential.

#### Practical Applications

The book provides numerous real-time examples of AI in action, demonstrating a profound impact on business and education. Mollick offers practical advice on how to engage with AI effectively. This

includes strategies for using AI to enhance productivity, foster learning, and drive creativity. He also discusses the importance of maintaining human identity and critical thinking while interacting with AI.

## Impact

AI's integration into various fields is already reshaping the landscape of work and learning. Mollick explores how AI can support business operations, improve decision-making processes, and create new opportunities for growth. AI can personalize learning experiences, assist in teaching, and provide valuable insights into student performance. Embracing AI's capabilities while being aware of its limitations is critical to maximizing its benefits.

## The Final Word

Mollick equips readers with the knowledge to thrive with AI. By understanding and implementing co-intelligence principles, individuals and organizations can create an environment where AI enhances human potential rather than diminishes it. The result is a more innovative, efficient, and adaptable approach to the challenges and opportunities of the future.

Co-Intelligence reveals AI's promise and power, urging us to master this new skill set to build a better, more collaborative future. Mollick's work is a thought-provoking and optimistic guide to understanding and utilizing AI in a way that enriches human life and society.