

Recognize the Influence of Artificial Intelligence and Social Media on Mental Health

Objectives

1. Define artificial intelligence and how it affects social media.
2. Learn the signs of technology overuse and its effect on mental health.
3. Discover strategies to create a healthier relationship with technology.

What is artificial intelligence (AI)?

Artificial intelligence (AI) is the use of machine learning and natural language processing to analyze user data and interactions.

- Content creation
- Personalization
- Ad targeting
- Chatbots
- Social listening

Positive effects

- Personalized content recommendations
- Enhanced user experience
- Improved ad targeting
- Insights for businesses and marketers

Negative effects

- Privacy concerns
- Spread of misinformation
- Bias and discrimination
- Addiction and mental health

Technology misuse signs

- Increased use
- Inability to stop
- Withdrawal symptoms
- Lost sense of time
- Preoccupation
- Risky behaviors
- Lies
- Escapism

Coping strategies

- Digital detox
- Screen time
- Technology-free times
- Addiction treatment
- Physical/mental wellness

Summary

- We defined artificial intelligence and how it affects social media.
- We learned the signs of technology overuse and its effect on mental health.
- We discovered strategies to create a healthier relationship with technology.

What will you do to create a healthier relationship with technology?

Your Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

CONFIDENTIAL INFORMATION

The information presented in this presentation is confidential and expected to be used solely in support of the delivery of services to Magellan members. By receipt of this presentation, each recipient agrees that the information contained herein will be kept confidential and that the information will not be photocopied, reproduced, or distributed to or disclosed to others at any time without the prior written consent of Magellan Health, Inc.