

Becoming friends with artificial intelligence

Fears of the unknown are normal, but AI can be useful to your health if you can navigate it

ANCHOR LEDE

Artificial intelligence rapidly expanded in 2023, and it's here to stay. AI has many positives. But experts say when it comes to health advice, take it from a trained human being, not a robot. And if you're scared of "the rise of the robots," there are ways to cope.

TAKE VO

OSF psychologist Doctor Ari Lakritz [ARR-ee LACK-ritz] suggests being proactive and seeing how you can work AI into your job or hobbies.

But for medical advice, talk to a human and get linked with a bonafide program or provider.

*****SOT*****

Dr. Ari Lakritz, OSF HealthCare psychologist

"These are programs that have been tested and vetted. There's oversight and accountability. There's research behind it. Whereas with an AI assistant, it's not clear the source of information. It's not clear how to use that information best." (:18)

VO TAG

If your technology use is impacting your mental health, take a break or talk to a health care provider. Some devices also have ways to limit screen time.