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# Understanding AI

Artificial intelligence is shaping the way we work and live, but it can feel overwhelming to keep up with the changes. That is why we have created the first edition of Season 2 of our **Blueprint to Wellness** series: **Understanding AI**. This toolkit is designed to help you separate fact from fiction and feel more confident about the role AI plays in today’s world.

**What’s included in this edition:**

* **A quick guide to AI myths versus facts –** separate truth from fiction with easy to read resource
* **Homewood Health Employee Life Line**: *AI Anxiety – Strategies for Coping with Change and Uncertainty*

**Want to learn more? Explore these resources:**

* Podcast: [*How to Protect Training Data Used in the Creation of AI Systems*](https://ised-isde.canada.ca/site/canadian-intellectual-property-office/en/episode-15-how-protect-training-data-used-creation-ai-systems)
* Video: [*Learn AI: Everything You Need to Know for Beginners*](https://youtu.be/nJBnSsE_f_Q?si=AfGqTLf4SZsVeYoY)

Stay tuned! The next edition of Blueprint to Wellness focuses on ways to strengthen your emotional intelligence.

Thank you for being part of this journey toward wellness and knowledge.