
Human First: Mental Health, Care and Belonging in the Era of AI and Robotics



SELF-WORTH: “AM I VALUABLE BEYOND MY PRODUCTIVITY?”

AI quietly fosters this in three ways:

- 1. Productivity comparison.**
When machines outperform us, some begin to internalize: “If I am slower, am I less valuable?”
- 2. Identity displacement.**
People who defined themselves by skill mastery now see that skill replicated in seconds.
- 3. Algorithmic validation culture.**
Our ideas, creativity, and even emotions are filtered through engagement metrics and AI-driven feedback loops.



AI does not create insecurity; but it can **amplify existing vulnerabilities**



SELF-WORTH IS NOT EGO; IT IS THE INTERNAL BELIEF THAT I HAVE VALUE.

The result of technology affected self -worth?

- Increased anxiety
- Imposter syndrome
- Withdrawal
- Reduced social risk-taking
- Isolation masked as digital engagement

AI AMPLIFIES WHAT WE DESIGN IT TO AMPLIFY — CONNECTION OR COMPARISON.



Positive Uses



AI mental health companions reducing loneliness



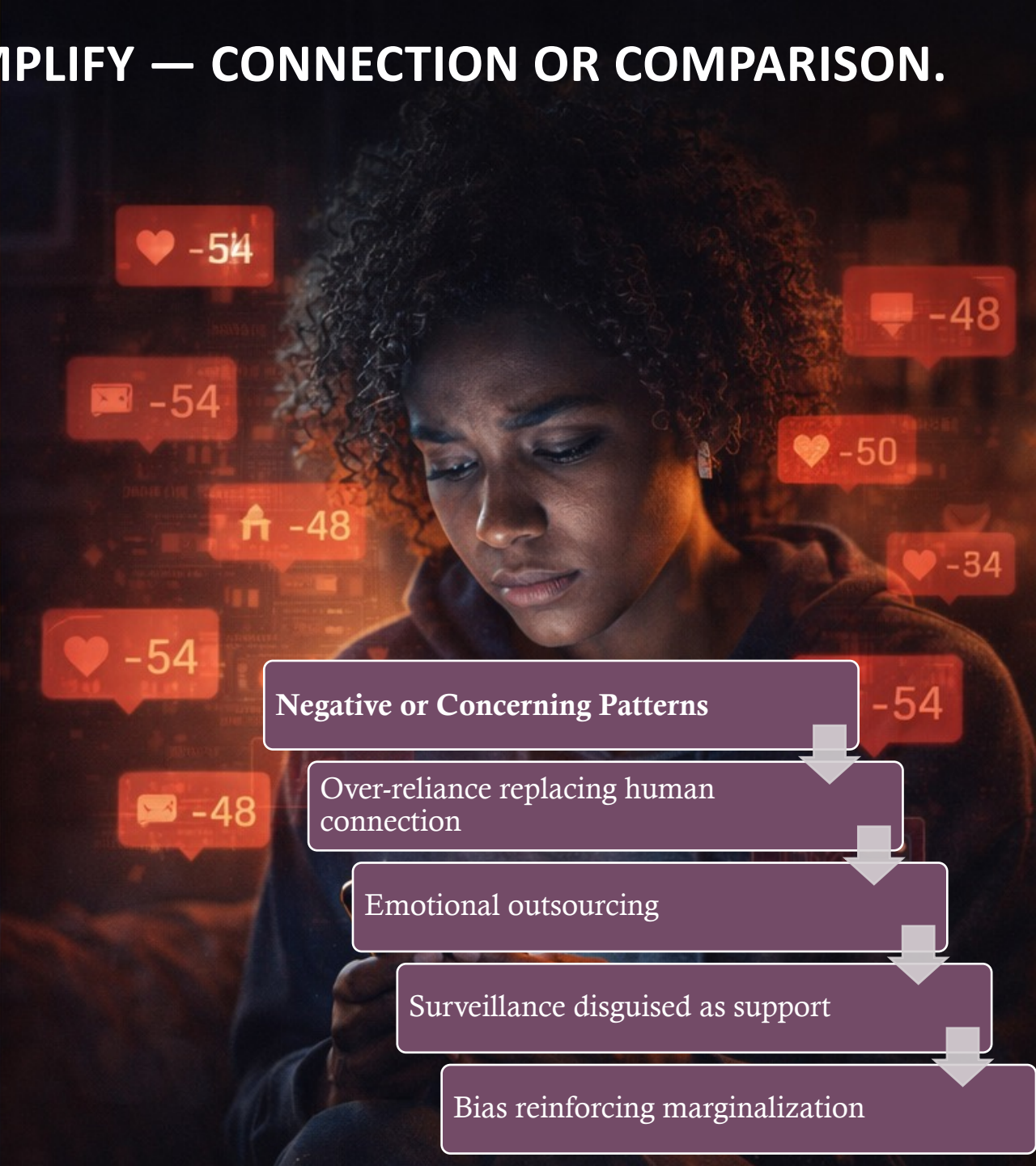
Accessibility tools increasing independence



Peer-led digital communities expanding support reach



Early detection tools preventing crisis



Negative or Concerning Patterns

Over-reliance replacing human connection

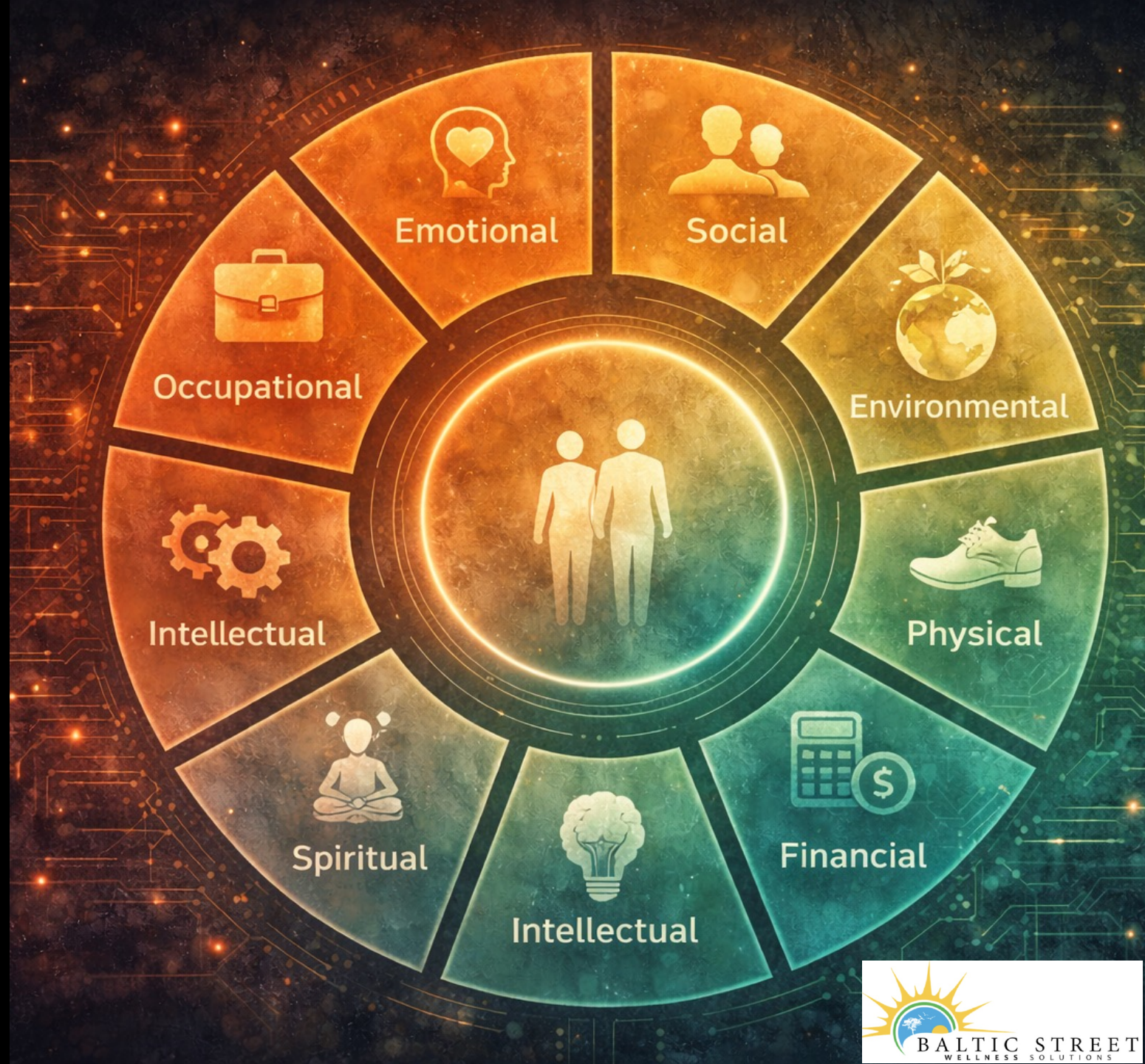
Emotional outsourcing

Surveillance disguised as support

Bias reinforcing marginalization

THE WELLNESS WHEEL: A HUMAN FRAMEWORK FOR AI

Does ~~my use of AI~~ strengthen
or weaken these dimensions?



A HUMAN FRAMEWORK FOR

AI

Emotional: Does this tool increase emotional awareness or numbness?

Social: Does it facilitate real connection or replace it?

Occupational: Does it enhance my contribution or define my worth by output?

Intellectual: Does it expand curiosity or reduce critical thinking?

Physical: Is it increasing sedentary isolation?

Environmental: What systems and data ecosystems am I participating in?

Financial: Who benefits economically from my engagement?

Spiritual: Does my use align with my values?



PEER SUPPORT POWERED BY AI

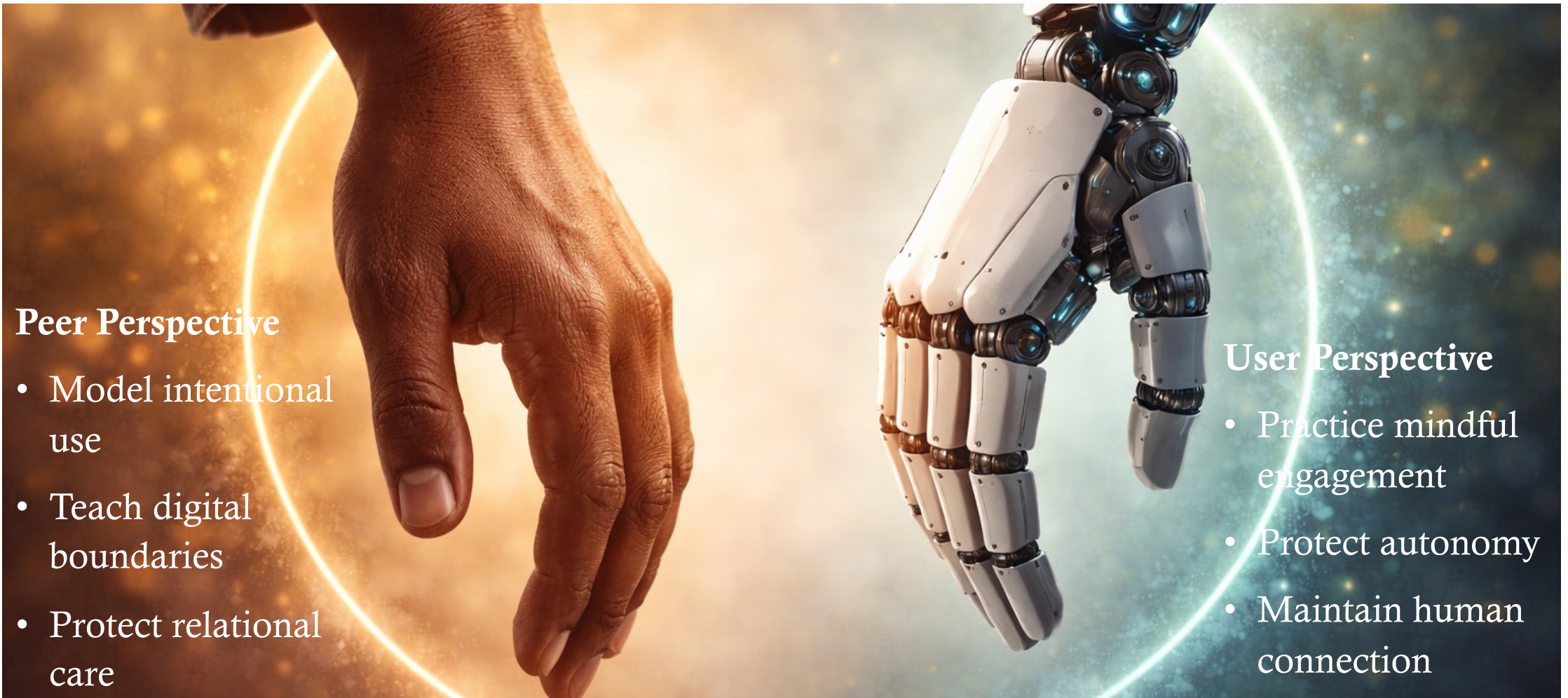
Peers can model using AI in ways that:

- Support reflection
- Expand access
- Reduce barriers
- Maintain human contact
- Reinforce self-determination

And that leads to self-governance



HUMAN FIRST: From Self-Worth → To Self-Governance



Peer Perspective

- Model intentional use
- Teach digital boundaries
- Protect relational care

User Perspective

- Practice mindful engagement
- Protect autonomy
- Maintain human connection

HUMAN FIRST MEANS: INNOVATION ANCHORED IN WORTH. AUTONOMY ANCHORED IN RESPONSIBILITY.

HUMAN FIRST: From Self-Worth → To Self-Governance

AI Creators & Investors

- Design for dignity
- Embed bias accountability
- Protect data sovereignty
- Prioritize psychological safety over engagement metrics



HUMAN FIRST MEANS: INNOVATION ANCHORED IN WORTH. AUTONOMY ANCHORED IN RESPONSIBILITY.



Human First is not anti-technology.

It is pro-dignity.

And dignity requires responsibility.

Thank you



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