M3.
WELLBEING





Co-funded by
the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

Objectives



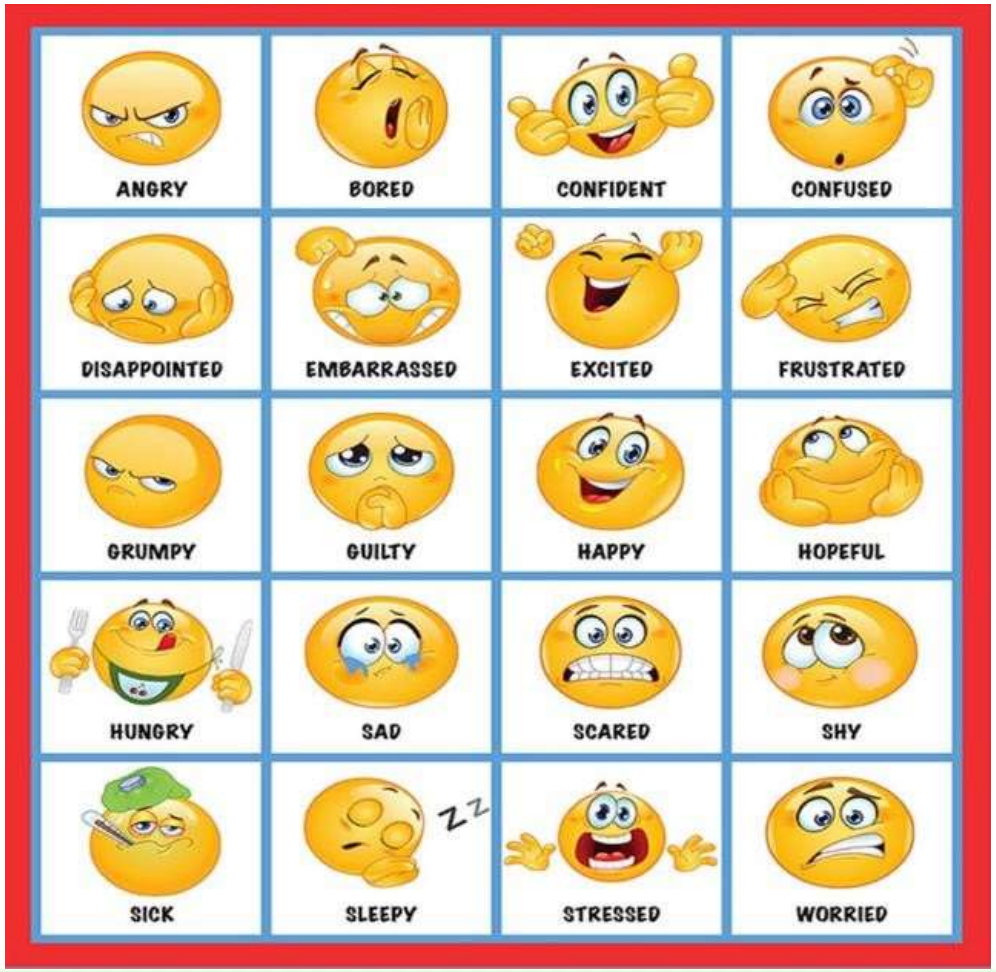
- To describe the concept of wellbeing and its implications.
- To exemplify the two dimensions of wellbeing (affective and cognitive).
- To establish connections between the concept of critical thinking and wellbeing.

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

How are you feeling today?



Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND



Evocation

DYI Fortune Cookies

Pick a cookie! What is written on it?

TAKE ONE SHEET OF PAPER

- Keep the paper blank until the end.
- You can add (stick) post-it papers with ideas/thoughts around it.
- This is our life! Our experience “writes” our ideas, our story.

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

slido

Please download and install the Slido app on all computers you use



What is the first thing that comes to your mind when you think about wellbeing?

ⓘ Start presenting to display the poll results on this slide.

Evocation

1. Think to an event/situation in which you experience happiness / a good feeling.
2. What triggered the situation?
3. How did it happen?
4. What was the result?

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

Evocation

- Can you find anything in the previous event that is not so good?
- Can you see a better way of doing it?

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

Evocation

1. Think to an event/situation in which you experience sadness / a negative feeling.
2. What triggered the situation?
3. How did it happen?
4. What was the result?

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

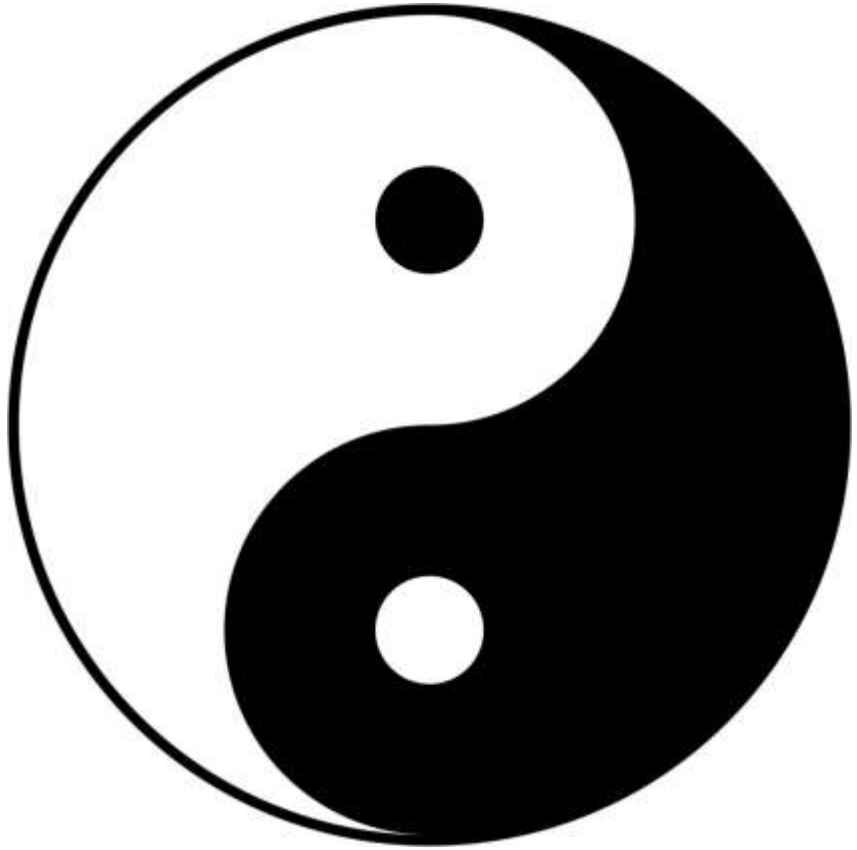
Evocation

- Can you find anything in the previous event that is good (positive)?
- Do you think that a positive outcome also exists?

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

Are you feeling this way?..



Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

Intuition

How satisfied are you with your life? What is your level of optimism?



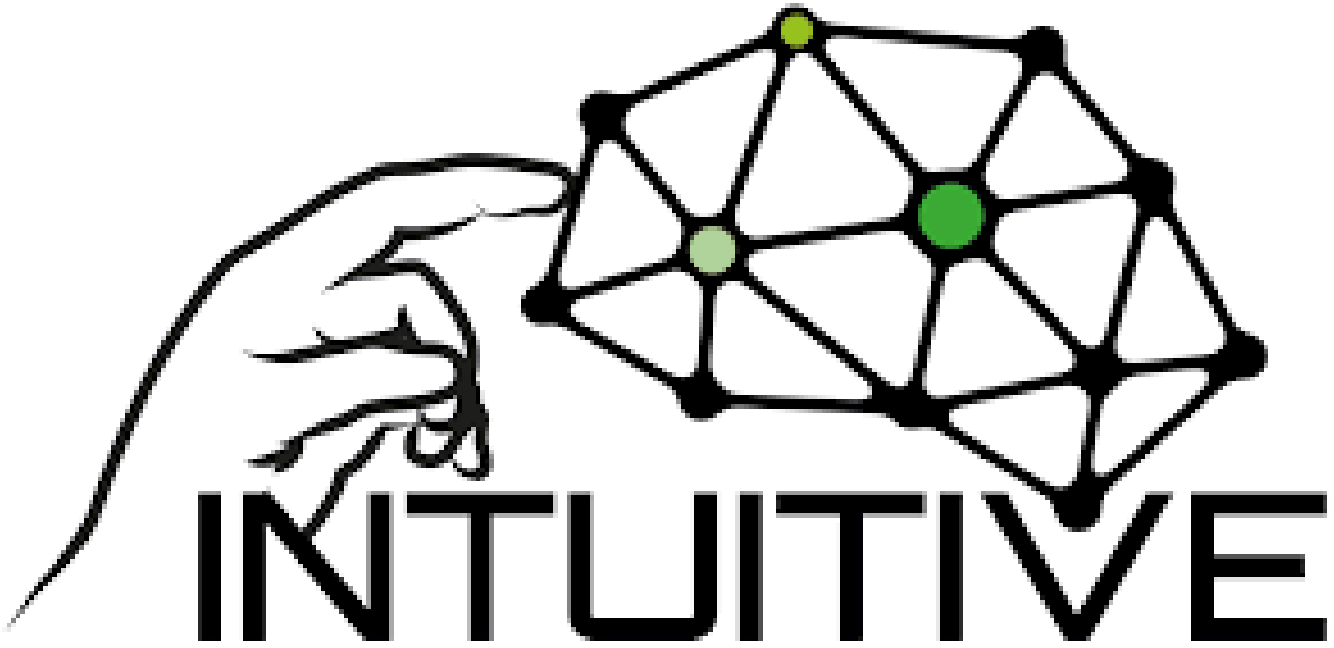
- Satisfaction with life inventory (Ed Diener)
- The Life Orientation Test (LOT-R)

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

How can we become more optimistic?



- **Individual list of 5 things that make me happy/make me feel good**
- **TEAMWORK: 2 MEMBERS**

How can we become more optimistic?

- **Select 2 of these (5 things) that take less than 5 min. to experience wellbeing.**
- **Share the list with your partner.**
- **Might there be something that works for you in this list?**

INTUITIVE

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

slido

Please download and install the Slido app on all computers you use



Do you think that wellbeing is under your control?

ⓘ Start presenting to display the poll results on this slide.

Comprehension

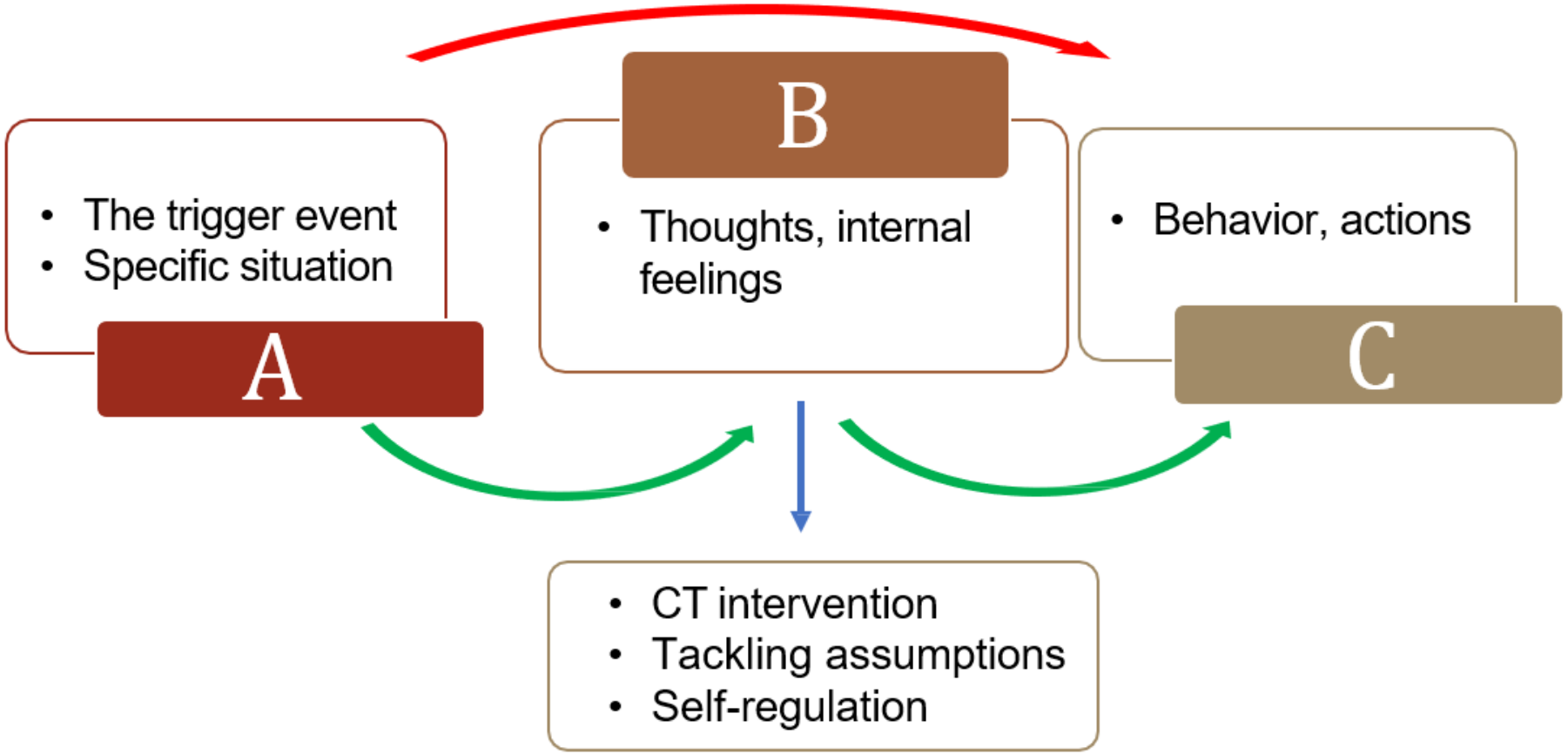
Wellbeing is a multidimensional concept encompassing various aspects of human life that contribute to an individual's overall sense of fulfillment, happiness, and health. Though definitions vary slightly across disciplines, wellbeing is generally understood as a positive state that results from a complex interaction between mental, physical, emotional, and social factors.

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

Comprehension



How a person interprets an event can determine how stressful it is (basic postulate of rational-emotive theory, adapted after Albert Ellis, 1967)

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

Comprehension

- How can we increase the level of satisfaction with life (subjective well being) for a better mental health?
- The level of extraversion and also optimism of a person is correlated with his/her level of satisfaction with life (Richiteanu-Nastase, R; Staiculescu, C, 2018; Bailey, T. C., Eng, W., Frisch, M. B., & Snyder, C. R., 2007).
- **Hence**, to increase the level of satisfaction we have to increase the level of optimism.

- Training of optimism.
- Everyday action that promotes optimism.

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

Comprehension

- The pursuit of happiness is the fundamental goal of every human being. Researchers of the phenomenon of happiness operationalise this concept using the term wellbeing.
- Subjective wellbeing is studied as a **synonym for mental health** (Diener, Lukas, Oishi, 2002) and reveals the protective role it has against stressors and the ability to prevent depression.
- Promotion of well-being and health: optimal somatic, physiological, mental, emotional, social and spiritual functioning.

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

Reflection & metacognition

3-2-1 Wellbeing Check-in

- **3 Things You're Grateful**: List three aspects of life that currently bring you a sense of wellbeing.
- **2 Areas for Improvement**: Identify two areas in your life where you feel wellbeing could be strengthened.
- **1 Actionable Goal**: Write one small, realistic action you can take this week to improve your wellbeing in one of these areas (that could be strengthened).

Decision-making & acting



Fortune cookies

A message to take with your or to give away, as a gift to someone else.

Take the empty paper you received, and write a unifying message about WELLBEING, as a result of this workshop.



Are we able by the end of this module...

- ...to characterize the concept of wellbeing?
- ...to understand the importance of approaching wellbeing in adult education?
- ...to analyze the state of wellbeing and make links with critical thinking starting from personal experiences?

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

MIND MODEL STAGES	CT STRATEGIES/METHODS	CT SKILLS	CT DISPOSITIONS
EVOCATION	KEYWORDS BRAINSTORMING DISCUSSION SLIDO/MENTIMETER WEB APP DIY FORTUNE COOKIES	INTERPRETATION ANALYSIS	ANALYTICITY
QUESTIONING	K.W.L METHOD DECISION BASED EXERCISES (WHO WOULD YOU CHOOSE?) DISCUSSION ESSAY/REFLECTIVE JOURNALS PERSONAL STORYTELLING SLIDO/MENTIMETER WEB APP	EVALUATION EXPLANATION ANALYSIS	OPEN-MINDEDNESS INTELLECTUAL EMPATHY CLARITY & ACCURACY
COMPREHENSION	I.N.S.E.R.T DISCUSSION, ETC. • NOW THAT YOU ARE THINKING IT THROUGH, ARE YOUR FEELINGS MORE ORDERED? • DO YOU THINK THAT YOUR WELLBEING DEPENDS ON HOW WELL YOU UNDERSTAND THINGS?	EVALUATION INFERENCE SELF-REGULATION EXPLANATION	CLARITY & ACCURACY INTELECTUAL AUTONOMY CONFIDENCE IN REASON

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

MIND MODEL STAGES	CT STRATEGIES/METHODS	CT SKILLS	CT DISPOSITIONS
REFLECTION & METAGOGNITION	K.W.L METHOD 3-2-1 WELLBEING CHECK-IN	SELF-REGULATION	CONFIDENCE IN REASON INTELECTUAL AUTONOMY ATTENTIVENESS
DECISION MAKING & ACTING	DIY FORTUNE COOKIES FREE WRITING REFLECTIVE ESSAY TO DO LIST	SELF-REGULATION EVALUATION	INTELLECTUAL COURAGE CLARITY & ACCURACY OPEN MINDNESS

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND



Co-funded by
the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426

MIND

THANK YOU!

MIND

CRITICAL THEORY IN ADULT EDUCATION PRACTICE: EMPOWERMENT FOR CRITICAL ACTIONS

ACADEMIA DE STUDII ECONOMICE DIN BUCUREȘTI – FONDATĂ ÎN 1913

LIETUVOS SUAUGUSIŲJŲ ŠVIETIMO ASOCIACIJA

LATVIAN ADULT EDUCATION ASSOCIATION

PUČKO OTVORENO UČILIŠTE LIBAR

EGOMUNDI

izglītības attīstības IAC centrs

dante

USTANOVA ZA OBRAZOVANJE ODRASLIH | ADULT EDUCATION INSTITUTION

ŠIUOLAIKINIŲ DIDAKTIKŲ CENTRAS

THE MODERN DIDACTICS CENTER

Co-funded by the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project number: 2023-1-LT01-KA220-ADU-000153426