

M3. WELLBEING



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Objectives of the workshop

- ☐ 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;



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How are you feeling today?



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Evocation

DYI Fortune Cookies

**Pick a cookie!
What is written
on it?**

- 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.



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

① 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?



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



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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?



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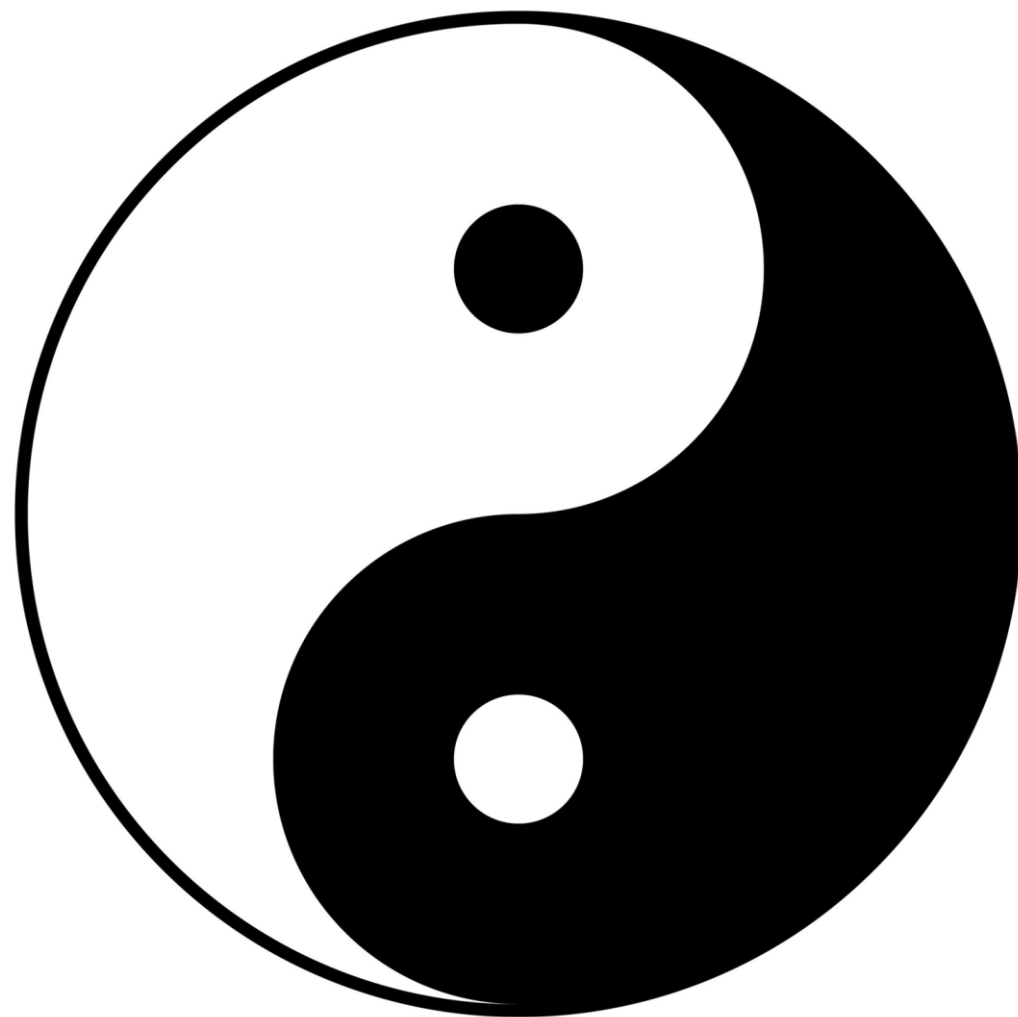
- Can you find anything in the previous event that is good (positive)?
- Do you think that a positive outcome also exists?



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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)

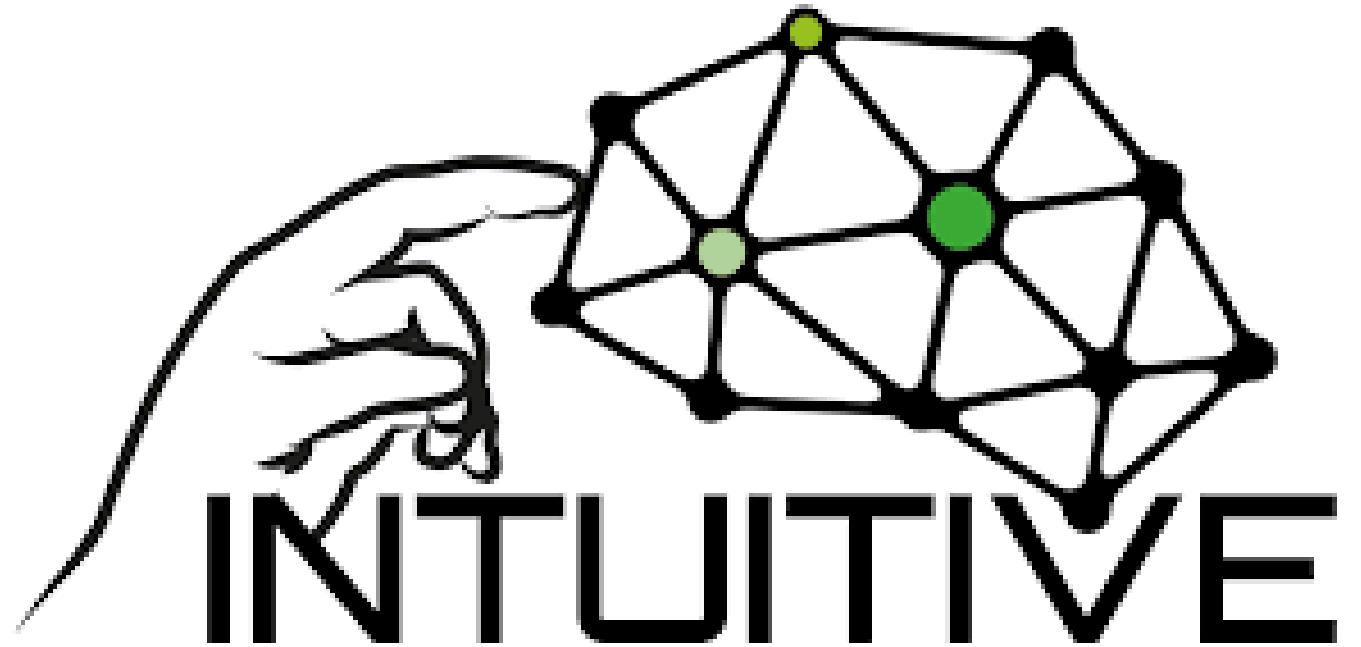


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**How can
we
become
more
optimistic
?**



- 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?

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INTUITIVE



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Slido app on all computers you use



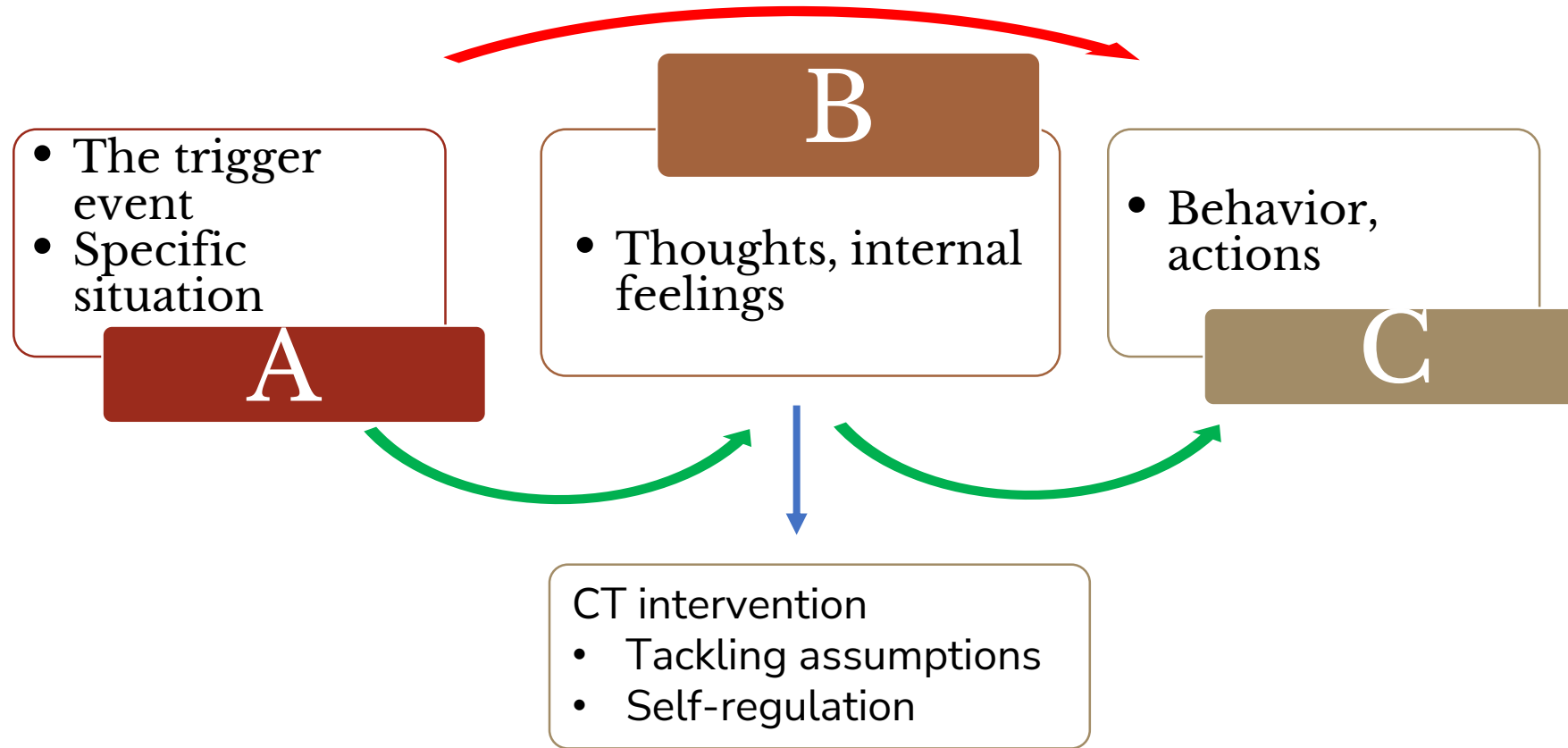
Do you think that wellbeing is under your control?

① 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.

Comprehension



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

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.

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.



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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.

Decision -making & acting





Fortune cookies

A message to take with you 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.



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MIND FRAMEWORK MODEL	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, INTELLECTUAL AUTONOMY, CONFIDENCE IN REASON



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



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THANK YOU!



CRITICAL THEORY IN
ADULT EDUCATION PRACTICE:
EMPOWERMENT FOR CRITICAL ACTIONS



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OBRAZOVANJE
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