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#NationalClassroom

# Adult Learner Wellbeing Webinar

*Group/Activity Worksheet designed by Finola Colgan,  
Development Officer, Mental Health Ireland*

1. Can you describe what is the one activity that is helping you mostly during the pandemic?
2. In 10 years time, you are telling someone how you got through the pandemic, what do you think you would tell them, and what you learned about yourself during that time?
3. What is your favourite wellbeing tip that Paul shared during his presentation?
4. What message did Paul convey about winning and losing?
5. Can you choose one of the resources that Paul shared in his presentation and write or discuss what you have learned from it?



Dr. Paul Gaffney

1. Write about why you think learning is good for your mental health?
2. What message did you take from Rua the Fox's Story?
3. How can you use each of the Five Ways to Wellbeing to support your daily life?
4. Can you describe the barriers that can stop a person from learning and what advice would you give to someone to encourage them to get involved in adult education?
5. Can you choose one of the recommended resources from Finola's presentation and discuss or write what you learned from it?



Finola Colgan

[Watch the Webinar  
Click Here](#)

