Healthy, happy, hippy: sustainability as an emergent property of wellbeing

Conference or Workshop Item

How to cite:

For guidance on citations see FAQs.

© 2011 The Author

Version: Version of Record

Link(s) to article on publisher’s website:
http://www.biad.bcu.ac.uk/research/wellbeing2011/

Copyright and Moral Rights for the articles on this site are retained by the individual authors and/or other copyright owners. For more information on Open Research Online’s data policy on reuse of materials please consult the policies page.
Healthy, Happy, Hippy
Sustainability as an emergent property of wellbeing

Paul Stevens
Psychology Research Centre / Centre for Wellbeing & Quality of Life, Bournemouth University, UK
The Restorative Environment

A place/situation that helps bring about recovery to baseline levels of functional resources & capabilities that have been diminished through stress, overuse or under-stimulation.

Attention Restoration Theory
Kaplan & Kaplan

Psychoevolutionary Model
Ulrich

Being away
Fascination
Extent
Compatibility

Image viewed

Skin Conductance
(physio arousal)
Responding to Fractal Geometry

1.38

Fractal Dimension (self-similarity at different scales)

- Extract silhouette outline of a scene
- Mathematical calculation of *fractal dimension*

FracDim  →  Biodiversity & Preference  →  Stress

i.e., an evolved response (low arousal, +ve emotion) to healthy ecosystems
Brundtland defined it as intergenerational equity:

“meeting the needs of the present without compromising the ability of future generations to meet their own needs”

→ **Anthropocentric**

Perhaps better defined as “ecological wellbeing” e.g., an ecosystem (incl. humans) which is able to maintain its processes, functions, & biodiversity in the long-term

→ **Ecocentric**: bio embodiment + environment embedment
→ Understand human wellbeing as inseparable from ecological wellbeing i.e., sustainability *emerges* from it
Example: A Restorative Garden

Compatibility

Being away

Extent
A Restorative Garden (cont.)

Fascination

The fractal connection...
Sustainability in a Restorative Garden

- Reduced air/noise pollution; Enhanced habitat; Biodiversity
- Balanced ecosystem; Improved soil; Reduced pesticides
- Insect/pollinators; Food/flower miles; Security; Agri-awareness
- Biodiversity; Conservation; Local resource; wellbeing
- Healthy ecosystem; Natural materials
- Carbon sink; Supports animals/insects
- Low maintenance
- Fractals
- Boundary features & soft edges
- Composting system & pond
- Flowers & vegetables