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

Conference or Workshop Item

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Healthy, Happy, Hippy
Sustainability as an emergent property of wellbeing

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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

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

FracDim

Biodiversity & Preference

Stress

Fractal Dimension (self-similarity at different scales)

1.38

i.e., an evolved response (low arousal, +ve emotion) to healthy ecosystems
Sustainability?

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
- Composting system & pond
- Fractals
- Carbon sink; Supports animals/insects
- Flowers & vegetables
- Boundary features & soft edges
- Low maintenance

Enhanced habitat; Biodiversity