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

Being away
Fascination
Extent
Compatibility

Psycrobevolutionary Model
Ulrich

Affective Response

Image viewed
Skin Conductance (physio arousal)
Responding to Fractal Geometry

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

Fractal Dimension (self-similarity at different scales)

1.38

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

Reduction 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

fractals

composting system & pond

Carbon sink; Supports animals/insects

flowers & vegetables

boundary features & soft edges

low maintenance

Balanced ecosystem; Improved soil; Reduced pesticides

Insect/pollinators; Food/flower miles; Security; Agri-awareness