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

Psychoevolutionary 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*

**FracDim**

**Biodiversity & Preference**

**Stress**

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

Fractal Dimension (self-similarity at different scales)

1.38
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**
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**
- **Healthy ecosystem; Natural materials**
- **Biodiversity; Conservation; Local resource; wellbeing**
- **Carbon sink; Supports animals/insects**
- **Boundary features & soft edges**
- **Low maintenance**
- **Flowers & vegetables**
- **Composting system & pond**
- **Fractals**