Sustainable wellbeing: linking the personal and the planetary

Conference or Workshop Item

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Sustainable wellbeing: Linking the personal and the planetary

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**Definitions**

**Sustainability**

*Environmental*
Within carrying capacity of supporting ecosystems

*Economic*
Maintain the capacity to provide non-declining well-being over time

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**Wellbeing**

*Objective*
Quality of life, “needs”

*Subjective or Hedonic*
Short-term pleasures, interests, satisfaction

*Eudaimonic*
Longer-term pleasures linked to a sense of meaning
Sustainability

Natural

___ state / ethics / values

“Future”

Part of the larger narrative of separation / disconnection

Wellbeing

Human

___ state / ethics / values

“Present”

Ecopsychology approach
Embeds us in our environment – “We too are Nature”
Models

Sustainability
“key competencies”

Autonomous action

Autonomy

Wellbeing
“Factors for eudaimonia”

Relatedness

Compentence

WB as evolved state that adapts us to environment
Emergent sustainability

Restorative Environments

Natural sensations ➔
Relaxation, mental health
Fractals: biodiverse, healthy ecosystem

Ecotherapy e.g., Cherry Tree Nursery

- Horticultural therapy & community
- Social confidence/competence; Skills
- Spontaneous env linkages