Sustainable wellbeing: linking the personal and the planetary

Conference 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

Wellbeing

Objective
Quality of life, “needs”

Subjective or Hedonic
Short-term pleasures, interests, satisfaction

Eudaimonic
Longer-term pleasures linked to a sense of meaning
Separation

Sustainability

Part of the larger narrative of separation / disconnection

Natural

___ state / ethics / values

“Future”

Ecopsychology approach

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

Wellbeing

Human

___ state / ethics / values

“Present”
Models

Autonomous action

Sustainability
“key competencies”

Interact in heterogeneous groups
Use tools interactively

Autonomy

Competence
Relatedness

Wellbeing
“Factors for eudaimonia”

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