Sustainable wellbeing: linking the personal and the planetary

How to cite:


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Version: Version of Record

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Sustainable wellbeing: Linking the personal and the planetary

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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

Definitions

Sustainability
- Environmental
  - Within carrying capacity of supporting ecosystems
- Economic
  - Maintain the capacity to provide non-declining well-being over time
Part of the larger narrative of separation / disconnection

Natural
____ state / ethics / values

“Future”

Human
____ state / ethics / values

“Present”

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

- Sustainable
- Autonomy
  - Use tools interactively

Autonomous action

Sustainability
  “key competencies”

Wellbeing
  “Factors for eudaimonia”

Relatedness
  - Individuals

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