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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**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
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

- Interact in heterogenous groups
- Use tools interactively

Sustainability
  “key competencies”

Autonomous action

Wellbeing
  “Factors for eudaimonia”

Autonomy

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