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

**Wellbeing**

*Objective*
Quality of life, “needs”

*Subjective or Hedonistic*
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”

Relatedness

Competence

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