Sustainable wellbeing: Linking the personal and the planetary

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Definitions

**Wellbeing**

- **Objective**
  - Quality of life, “needs”

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

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

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**Sustainability**

- **Environmental**
  - Within carrying capacity of supporting ecosystems

- **Economic**
  - Maintain the capacity to provide non-declining well-being over time
<table>
<thead>
<tr>
<th>Separation</th>
<th>Sustainability</th>
<th>Wellbeing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural</td>
<td>___ state / ethics / values</td>
<td>Human</td>
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Part of the larger narrative of separation / disconnection

"Future"  

"Present"  

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

- **Sustainability**
  - "key competencies"
- **Wellbeing**
  - "Factors for eudaimonia"

**Autonomy**

**Relatedness**

**Competence**

**Autonomous action**

"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