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
Part of the larger narrative of separation / disconnection

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

Interact in heterogenous groups
Use tools interactively
Autonomous action

Sustainability
“key competencies”

Relatedness
Autonomy
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