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”

Wellbeing

Human

___ state / ethics / values

“Present”

Ecopsychology approach

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

- Interact in heterogeneous groups
- Use tools interactively
- Sustainable "key competencies"

Autonomous action

- Autonomy
- 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