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 Hedonic*
Short-term pleasures, interests, satisfaction

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

- Sustainability: “key competencies”
- Autonomy: “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