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Healthy, happy, hippy: sustainability as an emergent property of wellbeing

Conference or Workshop Item

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Healthy, Happy, Hippy

Sustainability as an emergent property of wellbeing



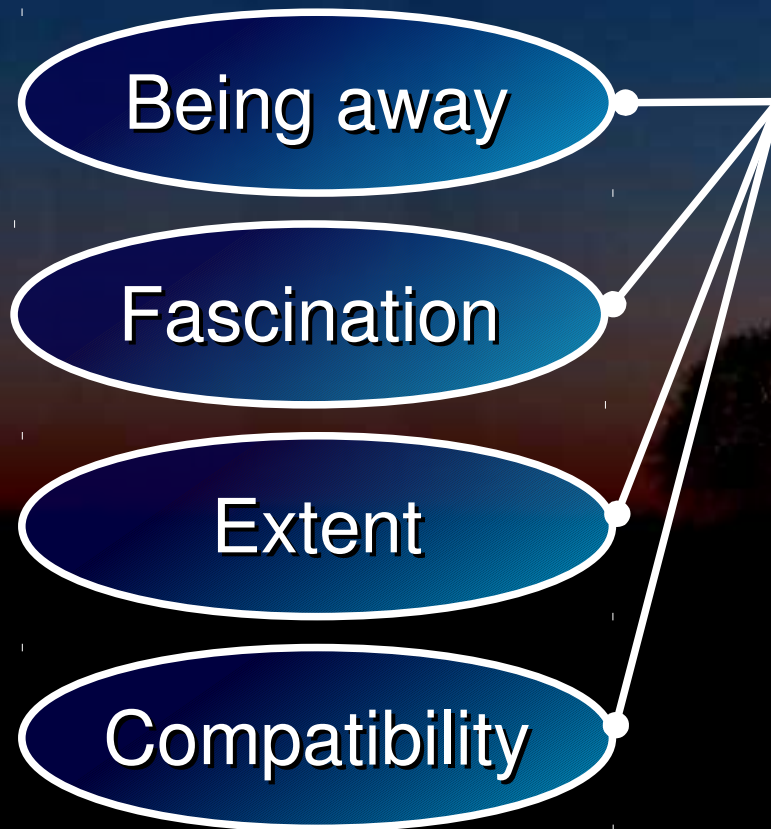
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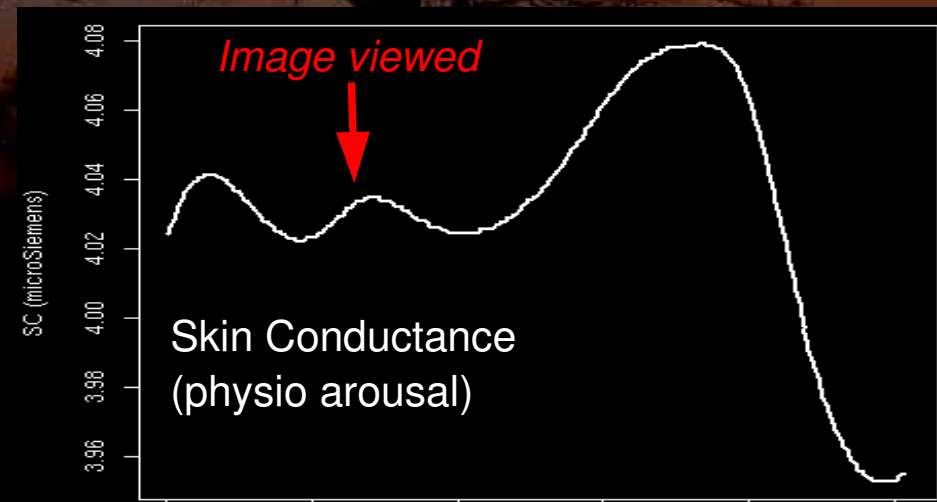
The Restorative Environment

A place/situation that helps bring about recovery to baseline levels of functional resources & capabilities that have been diminished through stress, overuse or under-stimulation

Attention Restoration Theory
Kaplan & Kaplan

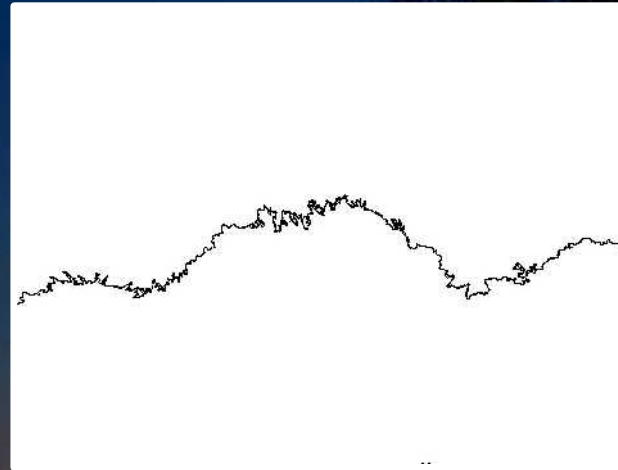


Psychoevolutionary Model
Ulrich



Responding to Fractal Geometry

- Extract silhouette outline of a scene
- Mathematical calculation of *fractal dimension*



Fractal
Dimension
(self-similarity at
different scales)

1.38

FracDim



Biodiversity
& Preference



Stress



i.e., an evolved response (low arousal, +ve emotion) to healthy ecosystems

Sustainability ?

Brundtland defined it as intergenerational equity:

“meeting the needs of the present without compromising the ability of future generations to meet their own needs”

→ *Anthropocentric*

Perhaps better defined as “ecological wellbeing” e.g., an ecosystem (incl. humans) which is able to maintain its processes, functions, & biodiversity in the long-term

→ **Ecocentric:** bio embodiment + environment embedment

→ Understand human wellbeing as inseparable from ecological wellbeing i.e., sustainability emerges from it

Example: A Restorative Garden



Compatibility



Being away

Extent



A Restorative Garden (cont.)

Fascination

The fractal connection...



Sustainability in a Restorative Garden

Biodiversity; Conservation; Local resource; wellbeing

Reduced air/noise pollution; Enhanced habitat; Biodiversity

boundary features & soft edges

Balanced ecosystem; Improved soil; Reduced pesticides

low maintenance

Insect/pollinators; Food/flower miles; Security; Agri-awareness

Healthy ecosystem; Natural materials

fractals

composting system & pond

Carbon sink; Supports animals/insects

flowers & vegetables

