## 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

# Separation

**Sustainability**          **Wellbeing**

Part of the larger narrative of
separation / disconnection

**Natural**          **Human**

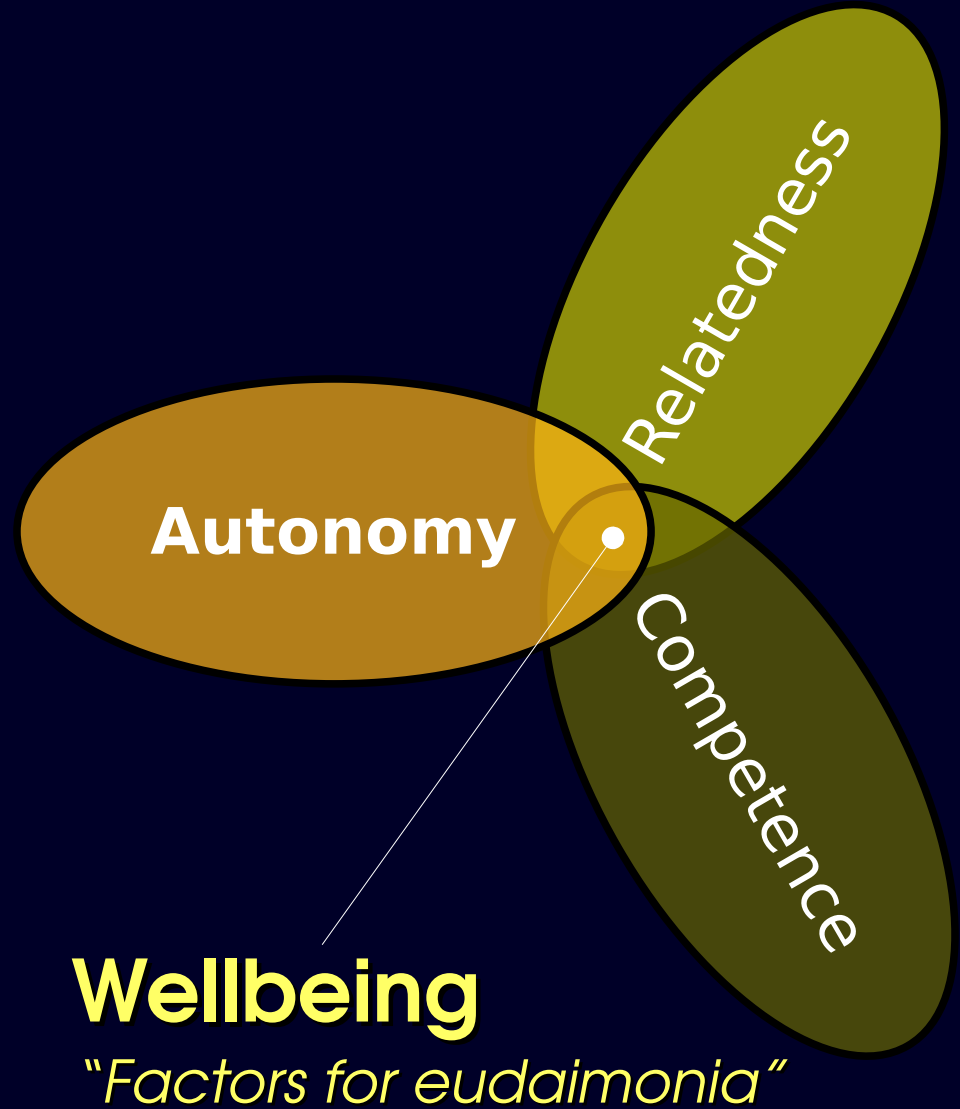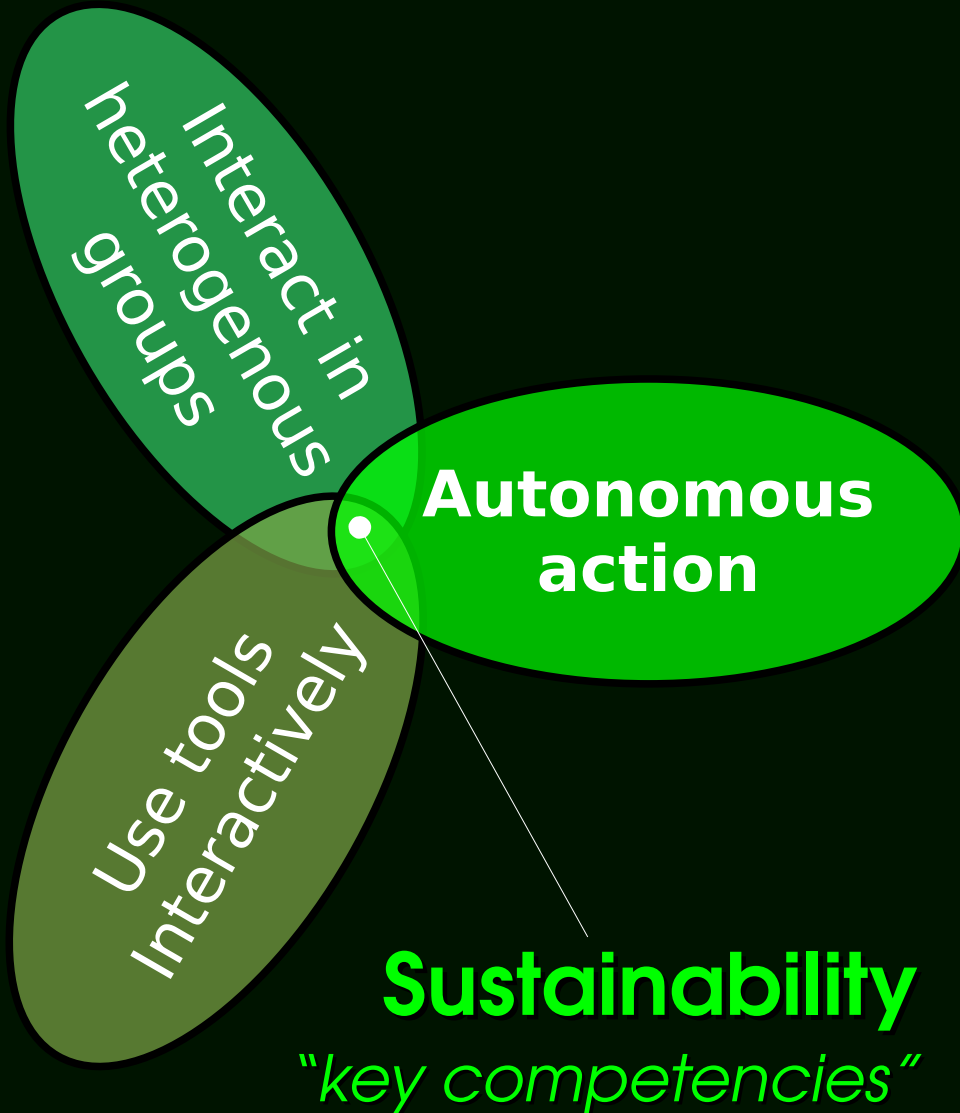___ *state / ethics / values*      ____ *state / ethics / values*

*"Future"*          *"Present"*

*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

Competence

**Autonomy**

**Wellbeing**
*"Factors for eudaimonia"*

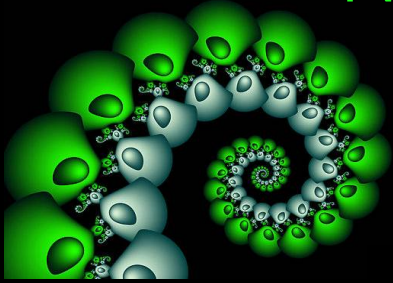*WB as <u>evolved</u> state that <u>adapts</u> us to environment*

# 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$^{t.}$ linkages